



## Crispy Chicken BLT Salad

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4 slices oscar mayer bacon crumbled cooked
- 0.5 cup natural three cheese crumbles kraft
- 6 cups torn and leaf lettuce mixed green red
- 0.3 cup classic ranch dressing kraft
- 1 lb chicken breasts boneless skinless
- 1 tomatoes cut into wedges
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F.
- Coat chicken with coating mix as directed on package; place in single layer in shallow pan.
- Bake 20 min. or until done (165F). Cool 5 min.; cut into slices.
- Toss lettuce with tomatoes, bacon and dressing. Spoon onto 4 plates; top with cheese and chicken.

## Nutrition Facts



## Properties

Glycemic Index:1.86, Glycemic Load:0.05, Inflammation Score:-9, Nutrition Score:6.1373912504186%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 46.15kcal (2.31%), Fat: 2.66g (4.09%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.59g (0.65%), Cholesterol: 11.85mg (3.95%), Sodium: 80.83mg (3.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin A: 3052.37IU (61.05%), Vitamin C: 7.94mg (9.62%), Vitamin B3: 1.66mg (8.28%), Vitamin B6: 0.15mg (7.54%), Selenium: 5.24µg (7.48%), Manganese: 0.13mg (6.44%), Phosphorus: 54.09mg (5.41%), Folate: 17.22µg (4.31%), Potassium: 145.98mg (4.17%), Vitamin B1: 0.06mg (3.86%), Vitamin B2: 0.07mg (3.83%), Calcium: 26.39mg (2.64%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.25mg (2.49%), Iron: 0.44mg (2.47%), Magnesium: 9.86mg (2.46%), Fiber: 0.45g (1.79%), Zinc: 0.25mg (1.64%), Vitamin E: 0.22mg (1.46%), Vitamin B12: 0.06µg (1.08%)