



Easy Chicken BLT Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices oscar mayer bacon warmed fully cooked cut into 1-inch pieces
- 2 cups cherry tomatoes halved
- 0.8 lb chicken breasts cooked sliced
- 0.3 cup ranch with bacon dressing kraft
- 0.5 cup onions red sliced
- 8 cups torn romaine lettuce loosely packed
- 1 cup natural sharp cheddar cheese crumbles divided kraft

Equipment

bowl

Directions

- Combine lettuce, chicken, tomatoes, onions and 1/2 cup cheese in large bowl.
- Add dressing; mix lightly.
- Top with remaining cheese and bacon.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:0.16, Inflammation Score:-9, Nutrition Score:8.5826088267824%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 107.56kcal (5.38%), Fat: 6.42g (9.87%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.23g (1.37%), Cholesterol: 29.79mg (9.93%), Sodium: 125.91mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.54%), Vitamin A: 2363.41IU (47.27%), Vitamin K: 31.88µg (30.36%), Vitamin B3: 3.42mg (17.12%), Selenium: 9.35µg (13.35%), Phosphorus: 112.51mg (11.25%), Folate: 40.34µg (10.08%), Vitamin B6: 0.19mg (9.55%), Vitamin C: 5.93mg (7.18%), Calcium: 69.61mg (6.96%), Potassium: 185.24mg (5.29%), Vitamin B2: 0.09mg (5.15%), Zinc: 0.64mg (4.26%), Magnesium: 14.99mg (3.75%), Iron: 0.66mg (3.67%), Manganese: 0.07mg (3.66%), Vitamin B5: 0.37mg (3.66%), Vitamin B1: 0.05mg (3.63%), Fiber: 0.76g (3.02%), Vitamin B12: 0.18µg (2.97%), Vitamin E: 0.36mg (2.43%), Copper: 0.04mg (2.23%)