



## Easy Chicken Ranch BLT Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

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

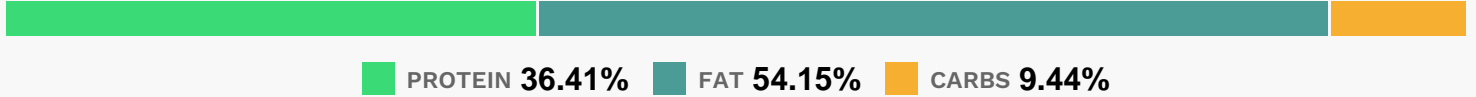
## Equipment

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:6.75, Glycemic Load:0.41, Inflammation Score:-10, Nutrition Score:28.265217542648%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

## Nutrients (% of daily need)

Calories: 418.11kcal (20.91%), Fat: 25.05g (38.54%), Saturated Fat: 10.09g (63.05%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.99g (2.54%), Sugar: 4.7g (5.22%), Cholesterol: 114.8mg (38.27%), Sodium: 486.74mg (21.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.91g (75.81%), Vitamin A: 8907.75IU (178.16%), Vitamin K: 119.76µg (114.06%), Vitamin B3: 12.86mg (64.28%), Selenium: 31.84µg (45.49%), Phosphorus: 443.32mg (44.33%), Folate: 151.27µg (37.82%), Vitamin B6: 0.72mg (36.13%), Calcium: 287.37mg (28.74%), Vitamin C: 22.23mg (26.94%), Potassium: 714.8mg (20.42%), Vitamin B2: 0.33mg (19.26%), Zinc: 2.37mg (15.82%), Iron: 2.69mg (14.92%), Magnesium: 57.18mg (14.29%), Manganese: 0.28mg (13.78%), Vitamin B1: 0.2mg (13.39%), Vitamin B5: 1.33mg (13.25%), Fiber: 2.84g (11.34%), Vitamin B12: 0.64µg (10.73%), Copper: 0.17mg (8.59%), Vitamin E: 1.25mg (8.3%), Vitamin D: 0.34µg (2.28%)