



## Easy Club Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 16 ounces lettuce
- 9 ounces roasted chicken cooked
- 1 tomatoes cut into eighths
- 0.3 cup thousand island dressing
- 0.3 cup bacon bits
- 1 slices hardboiled eggs

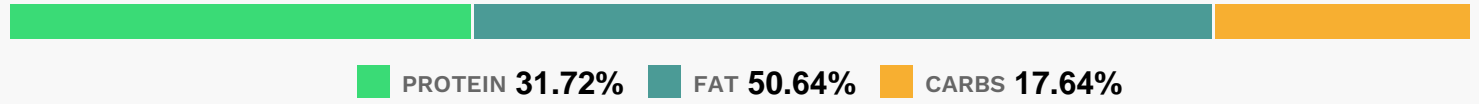
## Equipment

- bowl

## Directions

- Toss lettuce, chicken and tomato in large salad bowl; refrigerate.
- Just before serving, toss with dressing and bacon flavor bits.
- Garnish with hard-cooked egg slices.

## Nutrition Facts



## Properties

Glycemic Index:17.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:14.649999868935%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 301.13kcal (15.06%), Fat: 16.89g (25.99%), Saturated Fat: 3.05g (19.08%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 9.34g (3.4%), Sugar: 6.21g (6.9%), Cholesterol: 54.19mg (18.06%), Sodium: 610.41mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Vitamin K: 44.15µg (42.05%), Vitamin B1: 0.52mg (34.39%), Vitamin B3: 5.75mg (28.76%), Selenium: 17.65µg (25.22%), Phosphorus: 201.37mg (20.14%), Vitamin A: 896.82IU (17.94%), Vitamin B6: 0.35mg (17.49%), Vitamin E: 2.57mg (17.11%), Folate: 65.84µg (16.46%), Fiber: 3.91g (15.63%), Potassium: 430.03mg (12.29%), Magnesium: 45.14mg (11.28%), Zinc: 1.62mg (10.78%), Manganese: 0.2mg (9.8%), Iron: 1.71mg (9.5%), Copper: 0.19mg (9.46%), Vitamin C: 7.76mg (9.41%), Vitamin B2: 0.16mg (9.12%), Vitamin B5: 0.75mg (7.54%), Vitamin B12: 0.42µg (7.07%), Calcium: 54.72mg (5.47%)