



## Farmers' Market Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups broccoli florets
- 0.5 cup chickpeas canned rinsed drained (garbanzo beans)
- 0.5 cup cherry tomatoes halved
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup lite house dressing italian kraft
- 1 Tbsp parmesan cheese grated kraft
- 0.3 cup onions red halved sliced
- 3.5 cups torn salad greens mixed ()

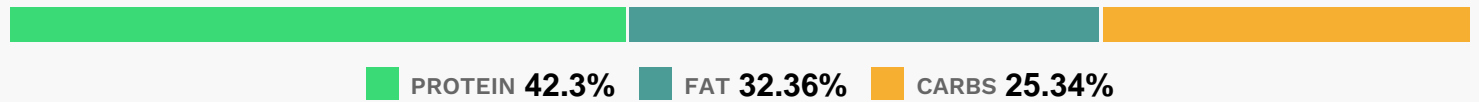
# Equipment

bowl

# Directions

- Toss greens with chicken, broccoli, chickpeas, tomatoes and onions in large salad bowl.
- Add dressing; mix lightly.
- Sprinkle with the Parmesan cheese.

# Nutrition Facts



# Properties

Glycemic Index:33.11, Glycemic Load:1.87, Inflammation Score:-8, Nutrition Score:17.969565264557%

# Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

# Nutrients (% of daily need)

Calories: 204.36kcal (10.22%), Fat: 7.4g (11.38%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 13.03g (4.34%), Net Carbohydrates: 10.24g (3.72%), Sugar: 4.07g (4.53%), Cholesterol: 49.64mg (16.55%), Sodium: 371.99mg (16.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.51%), Vitamin C: 58.17mg (70.51%), Vitamin K: 58.32µg (55.55%), Vitamin B3: 8.53mg (42.66%), Vitamin B6: 0.64mg (31.8%), Selenium: 18.69µg (26.69%), Manganese: 0.45mg (22.41%), Phosphorus: 223.69mg (22.37%), Vitamin A: 972.77IU (19.46%), Folate: 60.89µg (15.22%), Potassium: 501.68mg (14.33%), Fiber: 2.79g (11.14%), Magnesium: 43.64mg (10.91%), Iron: 1.81mg (10.04%), Vitamin B5: 1mg (9.99%), Vitamin B2: 0.16mg (9.42%), Zinc: 1.18mg (7.89%), Vitamin B1: 0.11mg (7.61%), Vitamin E: 1.09mg (7.25%), Copper: 0.14mg (7.17%), Calcium: 68.6mg (6.86%), Vitamin B12: 0.22µg (3.59%)