



Fresh Vegetable Chicken Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrots shredded
- 0.5 cup lite ranch dressing kraft
- 12 oz oscar mayer deli honey roasted chicken breast fresh (2-)
- 6 cups torn salad greens mixed
- 2 cups tomatoes chopped

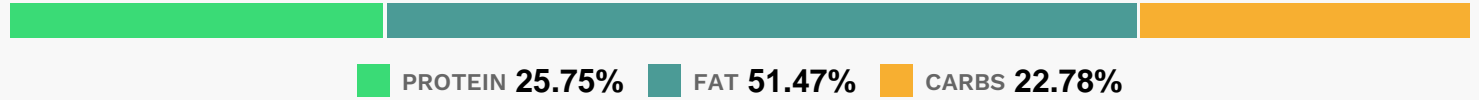
Equipment

- bowl

Directions

- Toss salad greens, chicken, tomatoes and carrots in large bowl.
- Add dressing; toss lightly. Spoon onto 4 serving plates.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:2.79, Inflammation Score:-10, Nutrition Score:19.907391195712%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 261.6kcal (13.08%), Fat: 15.28g (23.5%), Saturated Fat: 2.62g (16.34%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 12.53g (4.56%), Sugar: 7.04g (7.82%), Cholesterol: 51.17mg (17.06%), Sodium: 1209.79mg (52.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.39%), Vitamin A: 12013.08IU (240.26%), Vitamin K: 54.53µg (51.94%), Vitamin B3: 9.12mg (45.62%), Vitamin C: 27.9mg (33.82%), Phosphorus: 338.05mg (33.81%), Vitamin B6: 0.58mg (29.17%), Potassium: 809.94mg (23.14%), Selenium: 12.58µg (17.97%), Manganese: 0.3mg (14.8%), Vitamin B5: 1.38mg (13.82%), Folate: 52.69µg (13.17%), Vitamin E: 1.76mg (11.75%), Magnesium: 46.09mg (11.52%), Fiber: 2.69g (10.74%), Vitamin B2: 0.17mg (9.87%), Vitamin B1: 0.13mg (8.88%), Iron: 1.19mg (6.63%), Copper: 0.13mg (6.27%), Zinc: 0.89mg (5.94%), Calcium: 54.13mg (5.41%), Vitamin B12: 0.17µg (2.83%)