



Fresh Vegetable Chicken Salad

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

READY IN



15 min.

SERVINGS



15

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups carrots shredded
- 0.5 cup classic ranch dressing kraft
- 6 cups torn salad greens
- 2.5 cups chicken breasts boneless skinless cooked chopped
- 2 cups tomatoes chopped

Equipment

- bowl

Directions

- Toss salad greens with chicken, tomatoes and carrots in large bowl.
- Add dressing; mix lightly.
- Divide evenly among 4 individual serving plates.

Nutrition Facts

PROTEIN 31.27% **FAT 50.87%** **CARBS 17.86%**

Properties

Glycemic Index:5.66, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:7.6739130266335%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 76.03kcal (3.8%), Fat: 4.3g (6.61%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.71g (1.9%), Cholesterol: 18.08mg (6.03%), Sodium: 118.01mg (5.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.89%), Vitamin A: 3208.95IU (64.18%), Vitamin B3: 2.99mg (14.93%), Vitamin K: 14.59µg (13.9%), Vitamin B6: 0.24mg (12.09%), Selenium: 8.36µg (11.94%), Vitamin C: 7.74mg (9.38%), Phosphorus: 84.36mg (8.44%), Potassium: 226.84mg (6.48%), Vitamin B5: 0.5mg (5.04%), Manganese: 0.08mg (3.88%), Folate: 13.46µg (3.37%), Magnesium: 12.89mg (3.22%), Vitamin B2: 0.05mg (3.15%), Vitamin E: 0.44mg (2.97%), Fiber: 0.72g (2.87%), Vitamin B1: 0.04mg (2.71%), Iron: 0.32mg (1.79%), Zinc: 0.27mg (1.78%), Copper: 0.04mg (1.78%), Calcium: 13.19mg (1.32%), Vitamin B12: 0.06µg (1.06%)