



## Fried Chicken Salad

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

READY IN



30 min.

SERVINGS



4

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 baby carrots
- 2 teaspoons bbq seasoning (recommended: McCormick Grillmates)
- 1 cucumber
- 8 cups iceberg lettuce chopped
- 12 ounce popcorn chicken (recommended: Tyson)
- 0.5 cup ranch dressing (recommended: Hidden Valley)
- 2 tomatoes

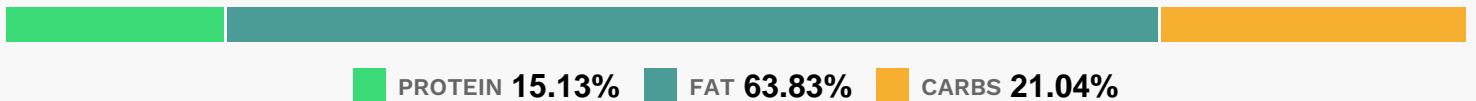
### Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- tongs

## Directions

- Preheat oven to 425 degrees F.
- Line baking sheet with aluminum foil and place popcorn chicken on baking sheet and bake for 8 to 10 minutes.
- Remove from oven and let cool.
- Mix together ranch dressing and BBQ seasoning in small bowl and set aside.
- Place lettuce in large bowl.
- Add dressing and toss with tongs until lettuce is coated. Set aside.
- Cut each tomato into 8 wedges and the cucumber into 16 slices. Divide lettuce onto 4 cold plates. Arrange each salad with 4 tomato wedges, 4 cucumbers, and 4 baby carrots. Top each salad with 1/4 of the chicken pieces.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:1.61, Inflammation Score:-10, Nutrition Score:20.403043363405%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 278.57kcal (13.93%), Fat: 20.18g (31.05%), Saturated Fat: 3.99g (24.94%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 10.54g (3.83%), Sugar: 8.88g (9.86%), Cholesterol: 38.42mg (12.81%), Sodium: 349.72mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.52%), Vitamin A: 6938.59IU (138.77%), Vitamin K: 109.38µg (104.17%), Manganese: 0.55mg (27.73%), Vitamin C: 16.85mg (20.42%), Folate: 79.34µg (19.83%), Phosphorus: 190.53mg (19.05%), Potassium: 658.81mg (18.82%), Vitamin B6: 0.37mg (18.72%), Vitamin B3: 3.66mg (18.29%), Fiber: 4.43g (17.72%), Iron: 2.6mg (14.47%), Vitamin B5: 1.14mg (11.37%), Magnesium: 45.03mg (11.26%), Selenium: 7.68µg (10.98%), Copper: 0.21mg (10.58%), Vitamin B1: 0.15mg (10.17%), Vitamin E: 1.43mg (9.57%), Vitamin B2: 0.16mg (9.45%), Calcium: 92.81mg (9.28%), Zinc: 1.18mg (7.86%), Vitamin B12: 0.18µg (2.96%)