



## Fried-Chicken Salad



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 4 ounce cheese dressing blue
- ☐ 12 ounce chicken breast strips/pre-cooked/chopped italian low fat, fully cooked cutlets, style (4 cutlets)
- ☐ 1 bell pepper diced green seeded
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 small onion diced red finely chopped
- ☐ 10 ounce the of 1 cos lettuce chopped
- ☐ 1 large tomatoes chopped

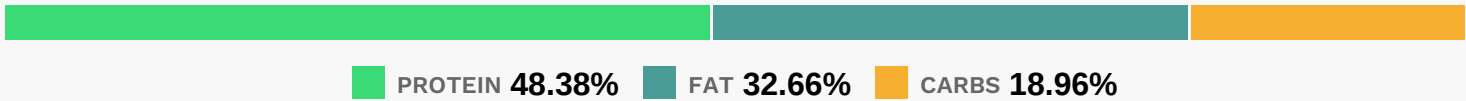
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

# Directions

- ☐ In a large bowl, combine the lettuce, tomato, cucumber, bell pepper, and onion.
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the cutlets and heat 1 1/2 minutes per side or until browned.
- ☐ Transfer to a cutting board and slice each into 6 pieces.
- ☐ Add the dressing to the salad and toss to combine.
- ☐ Add the chicken and toss again. Season with the pepper and serve.

# Nutrition Facts



# Properties

Glycemic Index:26.75, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:24.542608771635%

# Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg, Quercetin: 13.65mg

# Nutrients (% of daily need)

Calories: 248.78kcal (12.44%), Fat: 9g (13.85%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 8.16g (2.97%), Sugar: 5.89g (6.54%), Cholesterol: 72.57mg (24.19%), Sodium: 340.35mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.03%), Vitamin A: 6684.74IU (133.69%), Vitamin K: 83.37µg (79.4%), Vitamin B3: 12.38mg (61.9%), Vitamin C: 37.14mg (45.02%), Vitamin B6: 0.74mg (36.95%), Selenium: 24.51µg (35.01%), Folate: 120.98µg (30.24%), Phosphorus: 272.31mg (27.23%), Potassium: 641.08mg (18.32%), Manganese: 0.35mg (17.36%), Fiber: 3.6g (14.41%), Magnesium: 50.91mg (12.73%), Vitamin B2: 0.21mg

(12.09%), Iron: 2.12mg (11.79%), Vitamin B1: 0.18mg (11.72%), Vitamin B5: 1.07mg (10.66%), Zinc: 1.3mg (8.67%), Vitamin E: 1.27mg (8.46%), Calcium: 83.8mg (8.38%), Copper: 0.15mg (7.66%), Vitamin B12: 0.35µg (5.91%)