



 **67%**
HEALTH SCORE

Garden Vegetable Salad with Chicken

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup lite balsamic vinaigrette dressing kraft
- 2 cups broccoli florets fresh
- 8 cherry tomatoes cut in half
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 10 oz regular corn frozen thawed canned
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 1 lb romaine lettuce

Equipment

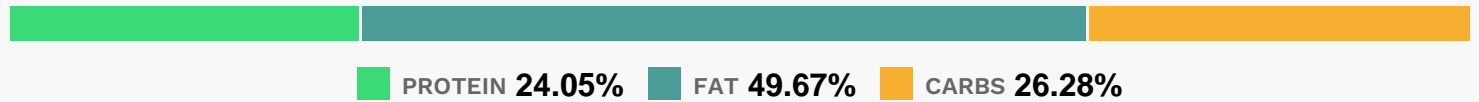
bowl

Directions

Layer all ingredients except dressing in large bowl.

Add dressing just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:29.61434777405%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 403.92kcal (20.2%), Fat: 23.04g (35.45%), Saturated Fat: 7.02g (43.89%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 21.64g (7.87%), Sugar: 4.05g (4.49%), Cholesterol: 64.4mg (21.47%), Sodium: 513.09mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.1g (50.2%), Vitamin A: 10621.53IU (212.43%), Vitamin K: 164.4µg (156.57%), Vitamin C: 57.98mg (70.27%), Folate: 223.29µg (55.82%), Vitamin B3: 7.86mg (39.32%), Phosphorus: 361.57mg (36.16%), Selenium: 22.06µg (31.51%), Vitamin B6: 0.59mg (29.6%), Calcium: 274.43mg (27.44%), Potassium: 836.98mg (23.91%), Fiber: 5.79g (23.15%), Vitamin B2: 0.37mg (21.89%), Manganese: 0.43mg (21.45%), Magnesium: 71.13mg (17.78%), Zinc: 2.45mg (16.35%), Vitamin B1: 0.24mg (15.81%), Iron: 2.63mg (14.63%), Vitamin B5: 1.2mg (12%), Copper: 0.17mg (8.43%), Vitamin B12: 0.44µg (7.4%), Vitamin E: 1.02mg (6.8%), Vitamin D: 0.21µg (1.41%)