

 **100%**
HEALTH SCORE

Gazpacho-Style Chicken Salad

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

READY IN



25 min.

SERVINGS



2

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups romaine leaves green red packed
- 6 oz chicken breast strips/pre-cooked/chopped refrigerated
- 0.8 cup tomatoes chopped
- 1 cup cucumber peeled chopped
- 0.8 cup bell pepper yellow chopped
- 0.3 cup onion red thinly sliced
- 0.5 cup pepper flakes
- 3 tablespoons red wine vinegar

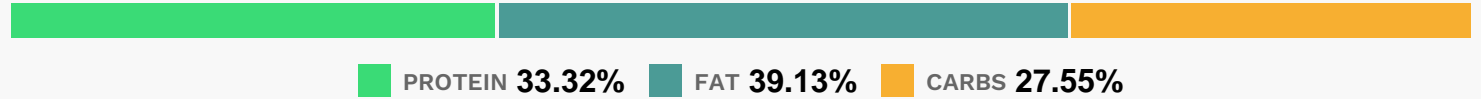
- 2 tablespoons olive oil
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon hot sauce red
- 1 clove garlic finely chopped

Equipment

Directions

- Place lettuce on serving platter. Arrange chicken in a pile in center of lettuce.
- Place tomato, cucumber, bell pepper and onion on top of lettuce, around the chicken.
- In tightly covered container, shake all dressing ingredients. Spoon 1/4 cup dressing over salad; gently toss to coat.
- Serve immediately. Reserve remaining dressing for another use.

Nutrition Facts



Properties

Glycemic Index:93.5, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:39.636956538843%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 401.05kcal (20.05%), Fat: 17.58g (27.05%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 20.37g (7.41%), Sugar: 10.26g (11.4%), Cholesterol: 72.29mg (24.1%), Sodium: 802.08mg (34.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.37%), Vitamin A: 36036.72IU (720.73%), Vitamin C: 254.3mg (308.24%), Manganese: 1.79mg (89.26%), Vitamin B3: 14.92mg (74.6%), Vitamin B6: 1.4mg

(69.89%), Folate: 229.24µg (57.31%), Potassium: 1655.78mg (47.31%), Vitamin B1: 0.63mg (42.16%), Phosphorus: 400.32mg (40.03%), Selenium: 27.09µg (38.71%), Vitamin B2: 0.65mg (38.43%), Iron: 6.38mg (35.42%), Magnesium: 120.04mg (30.01%), Fiber: 7.48g (29.93%), Vitamin E: 4.26mg (28.37%), Vitamin K: 23.69µg (22.56%), Calcium: 221.24mg (22.12%), Zinc: 2.27mg (15.15%), Copper: 0.25mg (12.55%), Vitamin B5: 1.25mg (12.45%), Vitamin B12: 0.29µg (4.82%)