

 **100%**  
HEALTH SCORE

## Gazpacho-Style Chicken Salad

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

READY IN



**25 min.**

SERVINGS



**2**

CALORIES



**386 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oz chicken breast strips/pre-cooked/chopped refrigerated
- 1 cup cucumber peeled chopped
- 1 clove garlic finely chopped
- 4 cups romaine leaves green red packed
- 2 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.3 teaspoon hot sauce red
- 0.3 cup onion red thinly sliced

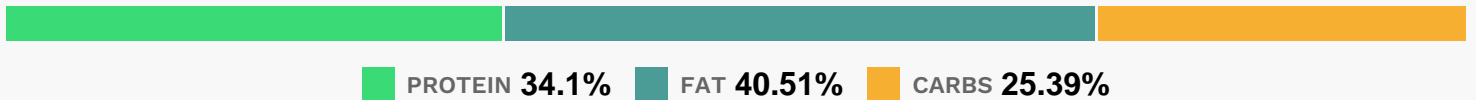
- 3 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 0.8 cup tomatoes chopped
- 0.8 cup bell pepper yellow chopped
- 0.5 cup frangelico
- 0.5 cup frangelico

## 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:71, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:37.717825881813%

## 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: 386.05kcal (19.3%), Fat: 17.42g (26.79%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 17.63g (6.41%), Sugar: 8.27g (9.19%), Cholesterol: 72.29mg (24.1%), Sodium: 798.7mg (34.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.97%), Vitamin A: 35679.72IU (713.59%), Vitamin C:

200.41mg (242.92%), Manganese: 1.72mg (85.75%), Vitamin B3: 14.45mg (72.27%), Vitamin B6: 1.21mg (60.4%), Folate: 220.61µg (55.15%), Potassium: 1535.03mg (43.86%), Vitamin B1: 0.61mg (40.36%), Selenium: 26.91µg (38.44%), Phosphorus: 384.2mg (38.42%), Vitamin B2: 0.62mg (36.53%), Iron: 5.99mg (33.28%), Magnesium: 111.42mg (27.85%), Fiber: 6.92g (27.68%), Vitamin E: 4mg (26.64%), Calcium: 215.99mg (21.6%), Vitamin K: 18.44µg (17.56%), Zinc: 2.17mg (14.5%), Vitamin B5: 1.17mg (11.7%), Copper: 0.2mg (10.13%), Vitamin B12: 0.29µg (4.82%)