



## Greek Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup olives black pitted
- 0.5 medium cucumber seeded sliced quartered
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup dressing fat free italian divided kraft
- 1 tsp oregano leaves dried crushed
- 3 plum tomatoes sliced
- 0.5 cup onion red thinly sliced
- 10 oz salad greens

1 lb chicken breasts boneless skinless cut into strips

## Equipment

bowl

frying pan

## Directions

Mix dressing and oregano.

Remove 3 Tbsp. of the dressing mixture; place in large skillet.

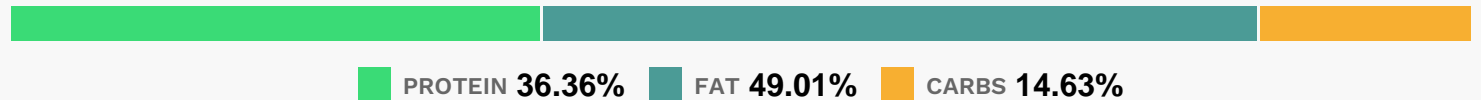
Add chicken; cook and stir on medium heat 10 minutes or until chicken is cooked through.

Toss greens with cheese, tomatoes, vegetables and olives in large bowl.

Add remaining dressing mixture; mix lightly.

Place greens mixture on serving platter; top with warm chicken mixture.

## Nutrition Facts



## Properties

Glycemic Index:5.6, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:4.4065217116605%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 66.26kcal (3.31%), Fat: 3.61g (5.55%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.06g (0.75%), Sugar: 1.14g (1.27%), Cholesterol: 19.56mg (6.52%), Sodium: 206.37mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.04%), Vitamin B3: 2.58mg (12.91%), Selenium: 8.34µg (11.92%), Vitamin B6: 0.23mg (11.29%), Phosphorus: 77.86mg (7.79%), Vitamin C: 5.32mg (6.45%), Vitamin A: 289.83IU (5.8%), Vitamin K: 5.16µg (4.91%), Vitamin B2: 0.08mg (4.85%), Potassium: 154.01mg (4.4%), Vitamin B5: 0.42mg (4.22%), Calcium: 37.44mg (3.74%), Magnesium: 11.47mg (2.87%), Folate: 11.14µg (2.78%), Manganese:

0.05mg (2.58%), Vitamin E: 0.38mg (2.53%), Vitamin B1: 0.04mg (2.43%), Zinc: 0.36mg (2.42%), Vitamin B12: 0.14µg (2.35%), Iron: 0.32mg (1.78%), Copper: 0.03mg (1.57%), Fiber: 0.36g (1.46%)