



Greek Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup salad dressing italian
- 1.5 teaspoons dill dried
- 12 cups the of 1 cos lettuce loosely packed
- 1 rotisserie chicken cut thinly sliced
- 2 cups cherry tomatoes halved
- 1 large cucumber halved seeded sliced
- 0.8 cup kalamata olives pitted
- 6 slices onion red dry cold separated rinsed thin

4 oz feta cheese crumbled (1 cup)

Equipment

bowl

Directions

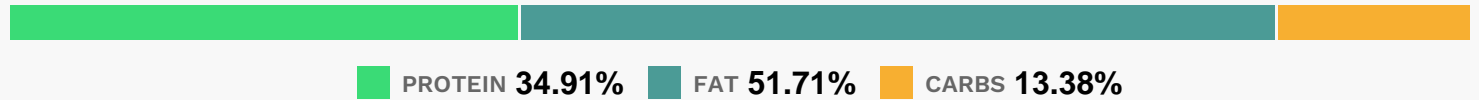
In small bowl or tightly covered container, mix or shake dressing ingredients.

In large bowl, mix lettuce, chicken, tomatoes, cucumber, olives and onion.

Drizzle dressing over salad; toss to coat. Arrange salad on serving platter.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:18.750869460728%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 21.45g (33%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 9.01g (3.28%), Sugar: 6.87g (7.64%), Cholesterol: 112.82mg (37.61%), Sodium: 1132.4mg (49.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.59g (65.17%), Vitamin A: 8635.42IU (172.71%), Vitamin K: 118.18µg (112.56%), Folate: 150.04µg (37.51%), Vitamin C: 17.86mg (21.64%), Calcium: 156.47mg (15.65%), Vitamin B2: 0.25mg (14.75%), Fiber: 3.48g (13.91%), Manganese: 0.27mg (13.71%), Potassium: 476.11mg (13.6%), Vitamin B6: 0.26mg (12.89%), Phosphorus: 126.1mg (12.61%), Vitamin E: 1.74mg (11.58%), Iron: 1.79mg (9.92%), Vitamin B1: 0.15mg (9.74%), Magnesium: 32.67mg (8.17%), Copper: 0.15mg (7.7%), Zinc: 0.97mg (6.46%), Selenium: 4.32µg (6.16%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.51mg (5.13%), Vitamin B3: 0.86mg (4.32%)