



Grilled Chicken and Blue Cheese Salad

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 0.3 cup cheese blue crumbled
- ☐ 0.5 cup cheese dressing blue low-fat such as Wish-Bone Just 2 Good!
- ☐ 12 ounce grilled chicken breast strips
- ☐ 3 large hard-cooked egg whites chopped
- ☐ 1 cup onion red chopped 1 small
- ☐ 3 romaine lettuce hearts
- ☐ 2 cups tomatoes chopped 2

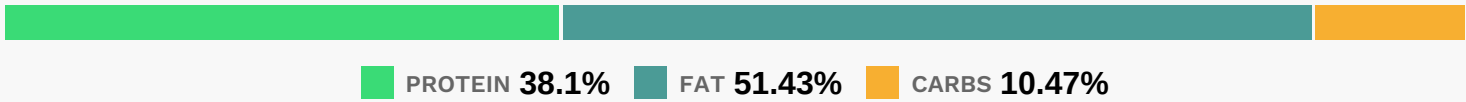
☐ 4 at least of turkey bacon crumbled cooked

Equipment

Directions

- ☐ Slice lettuce into 1-inch strips; divide evenly among 4 individual salad plates.
- ☐ Divide tomato, red onion, avocado, blue cheese, and bacon evenly over lettuce.
- ☐ Sprinkle 1/4 of egg whites over each salad. Top each salad with 3 ounces grilled chicken strips and drizzle with 2 tablespoons blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.78, Inflammation Score:-9, Nutrition Score:23.333913160407%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg, Quercetin: 9.01mg

Nutrients (% of daily need)

Calories: 413.28kcal (20.66%), Fat: 23.38g (35.97%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 7.44g (2.71%), Sugar: 5.35g (5.95%), Cholesterol: 233.32mg (77.77%), Sodium: 647.99mg (28.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.97g (77.94%), Vitamin B3: 13.55mg (67.76%), Selenium: 41.52µg (59.31%), Vitamin A: 2764.16IU (55.28%), Vitamin B6: 0.81mg (40.28%), Phosphorus: 393.69mg (39.37%), Vitamin K: 33.73µg (32.13%), Vitamin B2: 0.43mg (25.49%), Folate: 86.38µg (21.6%), Potassium: 709.44mg (20.27%), Vitamin B5: 2.02mg (20.19%), Vitamin C: 15.97mg (19.36%), Vitamin B12: 0.99µg (16.48%), Vitamin B1: 0.23mg (15.15%), Zinc: 2.17mg (14.45%), Magnesium: 55.71mg (13.93%), Fiber: 3.27g (13.09%), Calcium: 130.24mg (13.02%), Iron: 2.19mg (12.18%), Manganese: 0.22mg (11.15%), Vitamin E: 1.63mg (10.89%), Copper: 0.17mg (8.37%), Vitamin D: 1.04µg (6.93%)