



Harvest Bacon and Chicken Dinner Salad with Tangy Fruit Dressing

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 slices oscar mayer bacon fully cooked chopped
- 0.3 cup honey catalina dressing sweet kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 Tbsp cranberries dried
- 2 Tbsp orange juice
- 4 cups torn salad greens mixed loosely packed

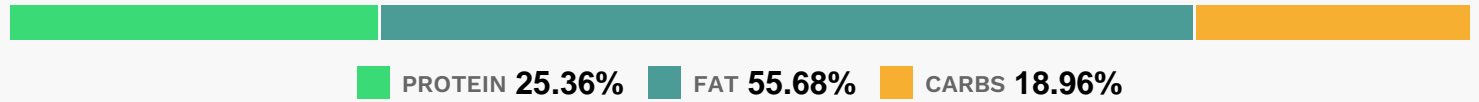
Equipment

- bowl
- microwave

Directions

- Place greens in large bowl; top with chicken.
- Microwave remaining ingredients in microwaveable bowl on MEDIUM (50%) 1 min. or until warm; stir.
- Pour dressing mixture over salad; toss to coat.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:3.4208695577539%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 7g (10.76%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.19g (1.89%), Sugar: 4.12g (4.58%), Cholesterol: 23.17mg (7.72%), Sodium: 181.5mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin B3: 2.98mg (14.91%), Selenium: 7.43µg (10.62%), Vitamin B6: 0.15mg (7.62%), Vitamin C: 5.42mg (6.57%), Phosphorus: 64.85mg (6.48%), Vitamin A: 197.02IU (3.94%), Vitamin B1: 0.06mg (3.77%), Potassium: 105.47mg (3.01%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.36mg (2.43%), Vitamin B2: 0.04mg (2.35%), Magnesium: 8.77mg (2.19%), Vitamin B12: 0.12µg (2.06%), Iron: 0.35mg (1.95%), Folate: 7.62µg (1.91%), Manganese: 0.04mg (1.81%), Copper: 0.03mg (1.26%), Vitamin E: 0.17mg (1.11%)