



Healthified Italian Chopped Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.5 cup basil fresh
- ☐ 15 oz garbanzo beans rinsed drained progresso® canned
- ☐ 2 cups chicken shredded cooked
- ☐ 1 medium cucumber unpeeled chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic finely chopped
- ☐ 0.1 teaspoon pepper black

- ☐ 0.5 cup kalamata olives pitted halved
- ☐ 3 tablespoons olive oil
- ☐ 1 oz parmesan shaved
- ☐ 3 plum tomatoes chopped (Roma)
- ☐ 0.3 cup onion red very thinly sliced
- ☐ 6 cups the of 1 cos lettuce chopped
- ☐ 0.3 cup genoa salami chopped
- ☐ 1 teaspoon sugar
- ☐ 1 medium bell pepper green yellow coarsely chopped

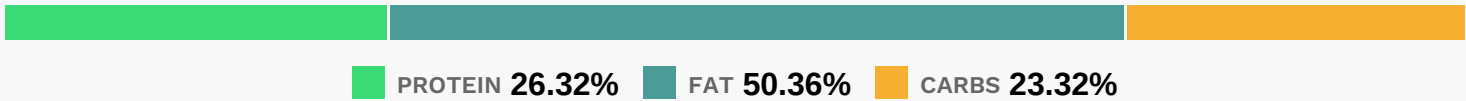
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In large bowl, toss all salad ingredients except cheese.
- ☐ In small bowl, beat dressing ingredients with wire whisk until blended.
- ☐ Pour dressing over salad mixture; toss to coat. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:58.68, Glycemic Load:3.35, Inflammation Score:-9, Nutrition Score:16.64999993437%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 223.66kcal (11.18%), Fat: 12.66g (19.48%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 8.97g (3.26%), Sugar: 3.43g (3.82%), Cholesterol: 32.38mg (10.79%), Sodium: 482.45mg (20.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Vitamin A: 3500.11IU (70%), Vitamin K: 50.53µg (48.12%), Manganese: 0.61mg (30.34%), Vitamin B6: 0.53mg (26.55%), Vitamin C: 18.17mg (22.03%), Folate: 74.1µg (18.52%), Phosphorus: 174.57mg (17.46%), Selenium: 12.21µg (17.44%), Vitamin B3: 3.48mg (17.38%), Fiber: 4.22g (16.87%), Potassium: 405.03mg (11.57%), Iron: 1.87mg (10.39%), Magnesium: 39.85mg (9.96%), Calcium: 95.42mg (9.54%), Copper: 0.19mg (9.48%), Zinc: 1.41mg (9.43%), Vitamin B1: 0.14mg (9.38%), Vitamin E: 1.34mg (8.9%), Vitamin B2: 0.13mg (7.6%), Vitamin B5: 0.73mg (7.27%), Vitamin B12: 0.28µg (4.6%)