



WHATSheATE



Honey-Dijon Chef's Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 oz spring mix of spinach mixed
- ☐ 0.8 cup honey dijon mustard
- ☐ 8 oz finely-chopped ham diced cooked ()
- ☐ 6 oz swiss cheese cut into 1/4-inch cubes (1cup)
- ☐ 0.8 cup garbanzo beans canned drained
- ☐ 1 small cucumber sliced cut in half lengthwise, then (1 cup)
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup roasted sunflower seeds salted

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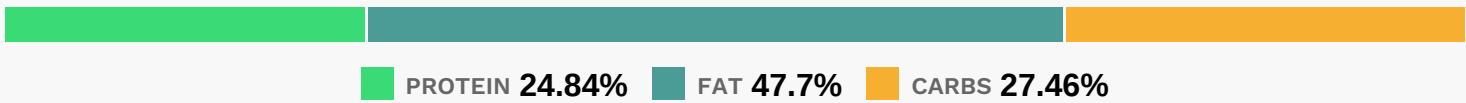
0.3 cup spring onion chopped

Equipment

Directions

- ☐ Place greens on large platter; drizzle with dressing. Arrange ham, cheese, beans, cucumber and tomatoes in stripe pattern over greens.
- ☐ Sprinkle with sunflower nuts and onions.

Nutrition Facts



Properties

Glycemic Index:25.39, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:15.002173921336%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 294.07kcal (14.7%), Fat: 15.07g (23.19%), Saturated Fat: 6.26g (39.1%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 17.42g (6.34%), Sugar: 7.51g (8.35%), Cholesterol: 53.96mg (17.99%), Sodium: 751.45mg (32.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Phosphorus: 375.81mg (37.58%), Selenium: 20.97µg (29.96%), Calcium: 278.89mg (27.89%), Vitamin C: 19.4mg (23.51%), Vitamin B12: 1.39µg (23.15%), Manganese: 0.39mg (19.64%), Zinc: 2.67mg (17.79%), Vitamin B1: 0.25mg (16.98%), Vitamin E: 2.38mg (15.86%), Vitamin B6: 0.31mg (15.64%), Vitamin A: 774.62IU (15.49%), Vitamin B2: 0.22mg (13.01%), Vitamin K: 13.05µg (12.43%), Copper: 0.24mg (11.89%), Vitamin B5: 1.02mg (10.2%), Folate: 40.79µg (10.2%), Magnesium: 39.3mg (9.82%), Vitamin B3: 1.93mg (9.64%), Potassium: 329.84mg (9.42%), Fiber: 2.09g (8.36%), Iron: 1.19mg (6.59%)