



## Italian Chik'n Chop Salad

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 Tbsp basil fresh chopped
- 1 clove garlic minced
- 3 cups torn greens mixed italian
- 2 tsp olive oil
- 1 tomatoes chopped
- 2 boca original chik'n veggie patties frozen

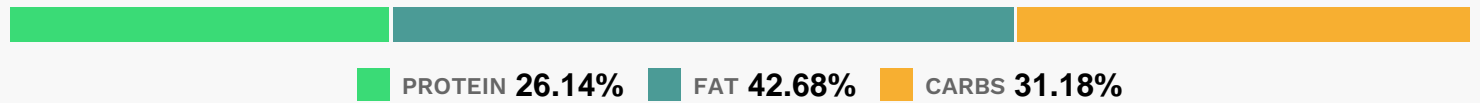
### Equipment

- bowl

## Directions

- Cook patties as directed on package.
- Meanwhile, combine next 4 ingredients in large bowl.
- Add greens; mix lightly.
- Place on 2 plates.
- Chop patties into bite-size pieces; sprinkle over salads.

## Nutrition Facts



## Properties

Glycemic Index:11.33, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:2.9995651905951%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 25.07kcal (1.25%), Fat: 1.22g (1.87%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.32g (0.36%), Cholesterol: 0.47mg (0.16%), Sodium: 55.68mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.35%), Vitamin B1: 0.25mg (16.9%), Manganese: 0.12mg (6.14%), Vitamin K: 4.89µg (4.66%), Vitamin C: 3.61mg (4.38%), Vitamin A: 205.01IU (4.1%), Folate: 16.34µg (4.09%), Vitamin B12: 0.19µg (3.13%), Selenium: 2.17µg (3.1%), Phosphorus: 25.09mg (2.51%), Fiber: 0.57g (2.29%), Vitamin B3: 0.45mg (2.26%), Vitamin B6: 0.05mg (2.25%), Potassium: 67.56mg (1.93%), Magnesium: 7.6mg (1.9%), Iron: 0.33mg (1.84%), Vitamin B2: 0.03mg (1.72%), Calcium: 16.41mg (1.64%), Copper: 0.03mg (1.57%), Vitamin E: 0.16mg (1.06%), Zinc: 0.16mg (1.05%)