



Italian Chopped Salad

READY IN



15 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup natural three cheese crumbles kraft
- 1 cup cauliflower florets
- 1 cup fusilli pasta cooked
- 1 large bell pepper green chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 6 cups tightly torn romaine lettuce packed
- 1.5 cups chicken breasts boneless skinless cooked chopped
- 2 large tomatoes chopped

Equipment

bowl

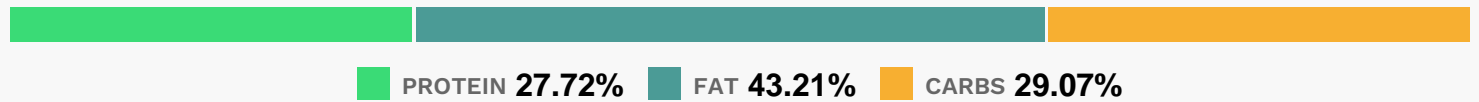
Directions

Place lettuce in 4 salad bowls.

Combine all remaining ingredients except Parmesan; spoon over lettuce.

Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:5.54, Inflammation Score:-10, Nutrition Score:27.937391503997%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 309.73kcal (15.49%), Fat: 15.05g (23.16%), Saturated Fat: 5.47g (34.19%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 18.5g (6.73%), Sugar: 8.12g (9.02%), Cholesterol: 54.09mg (18.03%), Sodium: 679.59mg (29.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.46%), Vitamin A: 7260.55IU (145.21%), Vitamin K: 103.43µg (98.51%), Vitamin C: 61.09mg (74.05%), Selenium: 31.41µg (44.87%), Vitamin B6: 0.75mg (37.52%), Vitamin B3: 7.28mg (36.42%), Folate: 138.64µg (34.66%), Phosphorus: 306.69mg (30.67%), Potassium: 836.73mg (23.91%), Manganese: 0.42mg (21.04%), Calcium: 195mg (19.5%), Fiber: 4.3g (17.19%), Vitamin B5: 1.53mg (15.35%), Vitamin B2: 0.24mg (14.07%), Magnesium: 55.18mg (13.8%), Vitamin B1: 0.17mg (11.64%), Zinc: 1.65mg (11.03%), Vitamin E: 1.6mg (10.64%), Iron: 1.91mg (10.64%), Copper: 0.18mg (9.19%), Vitamin B12: 0.4µg (6.71%), Vitamin D: 0.17µg (1.15%)