



Layered Bruschetta Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup balsamic vinaigrette dressing kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1 cup croutons
- 2 Tbsp basil fresh chopped
- 2 Tbsp parmesan cheese grated kraft
- 4 plum tomatoes chopped
- 10 oz torn romaine lettuce

Equipment

bowl

Directions

- Combine tomatoes, basil and dressing.
- Place lettuce in medium bowl; top with layers of croutons, chicken and tomato mixture.
- Sprinkle with cheese.
- Serve immediately.

Nutrition Facts

 **PROTEIN 27.14%**  **FAT 51.9%**  **CARBS 20.96%**

Properties

Glycemic Index:18, Glycemic Load:1.74, Inflammation Score:-9, Nutrition Score:8.0886956777262%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 97.33kcal (4.87%), Fat: 5.55g (8.55%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.98g (1.45%), Sugar: 1.39g (1.54%), Cholesterol: 15.33mg (5.11%), Sodium: 160.79mg (6.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Vitamin A: 2754.51IU (55.09%), Vitamin K: 36.31µg (34.59%), Vitamin B3: 2.74mg (13.72%), Folate: 47.83µg (11.96%), Selenium: 6.29µg (8.98%), Vitamin B6: 0.15mg (7.32%), Phosphorus: 63.73mg (6.37%), Vitamin C: 4.76mg (5.77%), Manganese: 0.11mg (5.27%), Potassium: 181.62mg (5.19%), Fiber: 1.07g (4.26%), Vitamin B1: 0.06mg (4.06%), Iron: 0.69mg (3.81%), Magnesium: 13.72mg (3.43%), Vitamin B2: 0.06mg (3.27%), Calcium: 28.92mg (2.89%), Vitamin B5: 0.25mg (2.45%), Zinc: 0.36mg (2.38%), Copper: 0.05mg (2.34%), Vitamin E: 0.23mg (1.55%), Vitamin B12: 0.07µg (1.19%)