



Layered Buffalo Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups rotisserie chicken cut shredded
- 1 cup ranch dressing
- 0.5 cup sauce of the chicken from the turbo broiler
- 1 cup celery sliced
- 8 oz cheese blue crumbled
- 5 cups the of 1 cos lettuce shredded
- 2 cups carrots grated peeled

Equipment

bowl

Directions

In large bowl, toss chicken, dressing and hot sauce.

In 6-quart trifle bowl or glass bowl, layer as follows: Gently transfer chicken mixture to the bowl, being careful to keep sides of bowl clean. Top with sliced celery, then half the blue cheese, focusing efforts around outside of bowl. Top with romaine, then carrots, then remaining blue cheese.

Nutrition Facts

 **PROTEIN 38.82%**  **FAT 56.41%**  **CARBS 4.77%**

Properties

Glycemic Index:6.61, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:8.4695652852888%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 287.72kcal (14.39%), Fat: 18.08g (27.82%), Saturated Fat: 5.63g (35.21%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.81g (2.01%), Cholesterol: 99.7mg (33.23%), Sodium: 853.23mg (37.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28g (56.01%), Vitamin A: 4094.44IU (81.89%), Vitamin K: 39.46µg (37.58%), Phosphorus: 94.28mg (9.43%), Calcium: 91.69mg (9.17%), Folate: 30.99µg (7.75%), Vitamin B2: 0.09mg (5.29%), Vitamin B5: 0.44mg (4.45%), Potassium: 149.78mg (4.28%), Selenium: 2.68µg (3.83%), Fiber: 0.86g (3.43%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.2µg (3.31%), Vitamin B6: 0.07mg (3.28%), Zinc: 0.48mg (3.22%), Manganese: 0.06mg (2.99%), Magnesium: 8.68mg (2.17%), Vitamin C: 1.73mg (2.09%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.38mg (1.88%), Iron: 0.29mg (1.62%), Copper: 0.03mg (1.25%)