



Layered Chicken Salad

 Gluten Free

READY IN



500 min.

SERVINGS



8

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups the salad
- 1 small onion red separated thinly sliced
- 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- 3 cups zucchini thinly sliced
- 4 oz cheddar cheese shredded
- 0.5 lb genoa salami thinly sliced cut into fourths
- 2 cups cherry tomatoes cut in half
- 1 cup salad dressing reduced-calorie

- 1 tablespoon mustard yellow
- 0.5 teaspoon horseradish prepared
- 1 serving watercress

Equipment

- bowl

Directions

- In very large (5-quart) glass bowl, place about half of the lettuce.
- Layer with onion, chicken, zucchini, cheese, salami, remaining lettuce and the tomatoes.
- In small bowl, mix mayonnaise, mustard and horseradish; spread over tomatoes, spreading to edge of bowl.
- Cover and refrigerate at least 8 hours but no longer than 24 hours.
- Garnish with additional cherry tomatoes and parsley or watercress if desired.

Nutrition Facts

PROTEIN 29.07% **FAT 60.41%** **CARBS 10.52%**

Properties

Glycemic Index:24.5, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:13.208695652692%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 25.71g (39.55%), Saturated Fat: 8.3g (51.89%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 8.99g (3.27%), Sugar: 5.96g (6.62%), Cholesterol: 93.35mg (31.12%), Sodium: 1272.78mg (55.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.68%), Vitamin C: 29.14mg (35.33%), Vitamin K: 30.54µg (29.09%), Vitamin B1: 0.33mg (22.25%), Vitamin A: 1019.39IU (20.39%), Phosphorus: 186.61mg (18.66%), Selenium: 12.99µg (18.56%), Vitamin B6: 0.35mg (17.26%), Vitamin B12: 0.94µg (15.73%), Vitamin B2: 0.24mg (14.01%), Zinc: 2.06mg (13.73%), Calcium: 134.08mg (13.41%), Potassium: 451.8mg (12.91%), Manganese:

0.25mg (12.35%), Vitamin B3: 2.3mg (11.49%), Folate: 37.65µg (9.41%), Magnesium: 30.91mg (7.73%), Vitamin E: 1.07mg (7.11%), Copper: 0.14mg (6.92%), Iron: 1.21mg (6.74%), Vitamin B5: 0.59mg (5.86%), Fiber: 1.07g (4.29%)