



Layered Chicken Salad

 Gluten Free

READY IN



500 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

- 8 servings watercress
- 1 tablespoon mustard yellow
- 3 cups zucchini thinly sliced

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 29.44% **FAT 59.78%** **CARBS 10.78%**

Properties

Glycemic Index:24.5, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:18.903478303681%

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: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg, Kaempferol: 7.92mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

Nutrients (% of daily need)

Calories: 384.09kcal (19.2%), Fat: 25.74g (39.6%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 9.23g (3.36%), Sugar: 6.02g (6.69%), Cholesterol: 93.35mg (31.12%), Sodium: 1284.98mg (55.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.52g (57.05%), Vitamin K: 104.92µg (99.92%), Vitamin C: 41.94mg (50.83%), Vitamin A: 1968.71IU (39.37%), Vitamin B1: 0.36mg (24.03%), Phosphorus: 204.46mg (20.45%), Vitamin B6: 0.38mg (19.18%), Selenium: 13.26µg (18.94%), Calcium: 169.78mg (16.98%), Vitamin B2: 0.27mg (16.11%), Manganese: 0.32mg (15.97%), Vitamin B12: 0.94µg (15.73%), Potassium: 549.98mg (15.71%), Zinc:

2.09mg (13.95%), Vitamin B3: 2.36mg (11.78%), Folate: 40.33µg (10.08%), Magnesium: 37.15mg (9.29%), Vitamin E: 1.36mg (9.09%), Copper: 0.16mg (8.07%), Iron: 1.27mg (7.07%), Vitamin B5: 0.68mg (6.78%), Fiber: 1.22g (4.88%)