

 **56%**  
HEALTH SCORE

## Layered Greek Salad

 **Gluten Free**

READY IN

**505 min.**

SERVINGS

**8**

CALORIES

**164 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 pint cherry tomatoes halved
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cubed cooked
- ☐ 1 medium cucumber thinly sliced quartered
- ☐ 0.8 teaspoon dill dried
- ☐ 0.7 cup skim milk fat-free (skim)
- ☐ 3.5 oz feta crumbled reduced-fat ( )
- ☐ 9 oz spinach green frozen chopped giant®
- ☐ 5.3 oz greek yogurt yoplait®

- ☐ 0.3 cup kalamata olives   pitted halved
- ☐ 1 teaspoon lemon pepper
- ☐ 0.3 cup salad dressing   low-fat
- ☐ 8 cups the salad

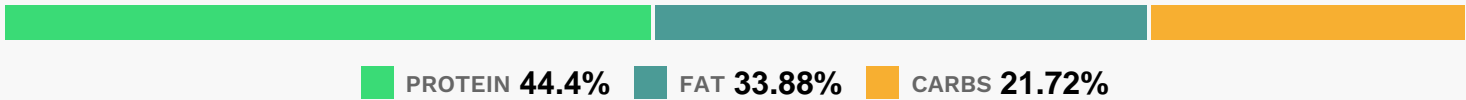
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

## Directions

- ☐ Cook spinach as directed on box. Rinse with cold water until cooled.
- ☐ Drain, squeezing out as much liquid as possible.
- ☐ In food processor, place spinach and remaining Dressing ingredients. (Do not use blender.) Cover; process 1 to 2 minutes, stopping occasionally to scrape sides, until smooth.
- ☐ In very large (5-quart) glass bowl, place about half of the salad greens.
- ☐ Layer with chicken, tomatoes and cucumber. Reserve 1/4 cup onion for topping; layer remaining onion over the cucumber. Top with remaining greens.
- ☐ Spread dressing evenly over salad.
- ☐ Sprinkle with cheese, olives and reserved onion.
- ☐ Serve immediately, or cover and refrigerate several hours or overnight. Just before serving, toss salad to coat with dressing.

## Nutrition Facts



## Properties

Glycemic Index:10.03, Glycemic Load:0.42, Inflammation Score:-10, Nutrition Score:20.183478127355%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 164.07kcal (8.2%), Fat: 6.33g (9.73%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.39g (2.69%), Sugar: 4.45g (4.95%), Cholesterol: 40.57mg (13.52%), Sodium: 306.32mg (13.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Vitamin K: 134.31µg (127.92%), Vitamin A: 4588.57IU (91.77%), Vitamin C: 25.39mg (30.78%), Vitamin B3: 5.58mg (27.92%), Selenium: 14.37µg (20.53%), Manganese: 0.41mg (20.38%), Vitamin B6: 0.38mg (19.19%), Folate: 75.54µg (18.89%), Phosphorus: 185.68mg (18.57%), Potassium: 504.53mg (14.42%), Vitamin B2: 0.23mg (13.6%), Magnesium: 52.64mg (13.16%), Calcium: 114.84mg (11.48%), Vitamin E: 1.52mg (10.16%), Iron: 1.8mg (9.97%), Copper: 0.16mg (7.89%), Vitamin B1: 0.11mg (7.51%), Fiber: 1.74g (6.95%), Vitamin B5: 0.69mg (6.92%), Zinc: 0.94mg (6.25%), Vitamin B12: 0.37µg (6.15%), Vitamin D: 0.26µg (1.73%)