



## Loaded Chicken Breast Strips

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 1 Tbsp green onions sliced
- 0.3 cup classic ranch dressing kraft
- 1 Tbsp oscar mayer real bacon bits
- 0.3 cup cheddar cheese shredded kraft

### Equipment

- microwave

## Directions

- Place chicken strips in single layer on microwaveable plate. Microwave on HIGH 45 sec.
- Turn strips over; place close together in center of plate. Top with cheese, bacon and onions.
- Microwave 30 sec. or until cheese begins to melt.
- Serve with dressing for dipping.

## Nutrition Facts

**PROTEIN 33.23%** **FAT 63.7%** **CARBS 3.07%**

## Properties

Glycemic Index:5.9, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.8956521806186%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 80.53kcal (4.03%), Fat: 5.6g (8.61%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.59g (0.22%), Sugar: 0.4g (0.45%), Cholesterol: 21.31mg (7.1%), Sodium: 130.4mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Vitamin B3: 2.34mg (11.71%), Vitamin K: 12.1µg (11.53%), Selenium: 6.04µg (8.63%), Phosphorus: 71.14mg (7.11%), Vitamin B6: 0.11mg (5.37%), Calcium: 31.85mg (3.19%), Vitamin B2: 0.04mg (2.56%), Vitamin B5: 0.24mg (2.44%), Zinc: 0.32mg (2.16%), Vitamin B12: 0.11µg (1.86%), Vitamin E: 0.26mg (1.7%), Magnesium: 6.47mg (1.62%), Potassium: 53.22mg (1.52%), Iron: 0.22mg (1.2%), Vitamin A: 50.34IU (1.01%)