



Low-Fat Chef's Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 4 servings pepper black freshly ground to taste
- 1 carrots shredded peeled
- 2 ounces cheddar cheese yellow sliced into slivers reduced-fat
- 4 oz chicken breast boneless skinless
- 1 small cucumber peeled thinly sliced
- 2 ounces swiss cheese low-fat sliced cut into slivers
- 1 tablespoon olive oil

- 4 radishes thinly sliced
- 7 the of 1 cos lettuce ()
- 0.1 teaspoon salt
- 1 large tomatoes trimmed cut into 1/2-inch dice
- 2 strips at least of turkey bacon
- 0.5 ounce turkey pepperoni sliced cut into slivers

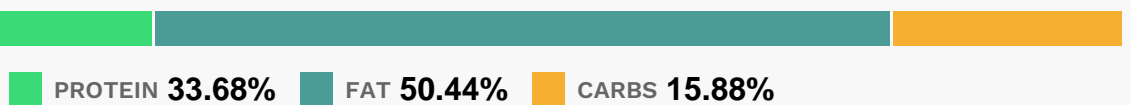
Equipment

- bowl
- paper towels
- grill
- microwave
- grill pan

Directions

- Sprinkle chicken with salt and pepper on both sides. Cook over medium heat in a grill pan or gas grill, turning once, about 10 minutes total.
- Let chicken cool, and then cut into thin slices.
- Cut slices into slivers.
- Cook bacon in microwave until crisp; let cool completely on a paper towel.
- In a large salad bowl, combine Swiss cheese, Cheddar cheese, pepperoni, radish, tomato, cucumber and carrot.
- Add chicken, lettuce, oil and vinegar. Toss well, crumble bacon on top and toss again.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:60.21, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:17.918260963067%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 188.91kcal (9.45%), Fat: 10.67g (16.41%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.96g (4.4%), Cholesterol: 42.13mg (14.04%), Sodium: 323.81mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.06%), Vitamin A: 7397.67IU (147.95%), Vitamin K: 61.5µg (58.57%), Calcium: 272.7mg (27.27%), Phosphorus: 253.48mg (25.35%), Folate: 88.06µg (22.01%), Selenium: 15.29µg (21.85%), Vitamin B3: 3.59mg (17.97%), Vitamin B6: 0.35mg (17.6%), Potassium: 495.99mg (14.17%), Vitamin C: 11.29mg (13.68%), Vitamin B2: 0.2mg (12.06%), Zinc: 1.71mg (11.43%), Manganese: 0.21mg (10.25%), Fiber: 2.37g (9.47%), Magnesium: 37.39mg (9.35%), Vitamin B12: 0.45µg (7.45%), Vitamin E: 1.1mg (7.35%), Vitamin B5: 0.72mg (7.17%), Vitamin B1: 0.1mg (6.69%), Iron: 1.06mg (5.89%), Copper: 0.11mg (5.68%)