



Market-Fresh Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado sliced
- 1 carrots peeled
- 0.5 cup lite catalina dressing divided kraft
- 1 cup cucumbers chopped
- 0.5 cup athenos reduced fat feta cheese crumbled
- 5 cups torn romaine lettuce
- 1 lb chicken breasts boneless skinless

Equipment

bowl

grill

Directions

Heat grill to medium heat.

Brush chicken with 2 Tbsp. dressing. Grill 6 to 8 min. on each side or until done (165F).

Meanwhile, combine remaining dressing with all remaining ingredients except cheese in large bowl.

Place on 4 plates.

Slice chicken; place over salads. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:3.7113043915318%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 48.26kcal (2.41%), Fat: 2.46g (3.78%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.49g (1.65%), Cholesterol: 11.02mg (3.67%), Sodium: 93.91mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 1039.48IU (20.79%), Vitamin K: 10.05µg (9.58%), Vitamin B3: 1.74mg (8.7%), Vitamin B6: 0.14mg (7.07%), Selenium: 4.9µg (7%), Folate: 17.69µg (4.42%), Phosphorus: 39.23mg (3.92%), Potassium: 120.32mg (3.44%), Vitamin B5: 0.34mg (3.36%), Fiber: 0.7g (2.81%), Magnesium: 7.75mg (1.94%), Vitamin B2: 0.03mg (1.85%), Vitamin C: 1.43mg (1.73%), Manganese: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.5%), Vitamin E: 0.19mg (1.28%), Copper: 0.02mg (1.23%), Zinc: 0.16mg (1.07%), Iron: 0.18mg (1.03%)