



Memphis BBQ Chopped Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup bull's-eye barbecue sauce memphis style
- 1.5 cups three cheese shredded with a touch of philadelphia kraft
- 2 cups cherry tomatoes halved
- 3 cups cucumber english chopped
- 2 cups regular corn frozen thawed drained
- 4 green onions thinly sliced
- 6 cups iceberg lettuce chopped ()
- 0.3 cup classic ranch dressing kraft

0.8 lb meat from a rotisserie chicken shredded cooked

Equipment

bowl

Directions

Mix together barbecue sauce and ranch dressing.

Layer the next 7 ingredients in a large glass bowl.

Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:4.55, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:5.5034782938335%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 107.02kcal (5.35%), Fat: 5.56g (8.56%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.7g (2.44%), Sugar: 2.47g (2.74%), Cholesterol: 22.01mg (7.34%), Sodium: 137.36mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.32g (14.64%), Vitamin K: 17.44µg (16.61%), Phosphorus: 105.25mg (10.52%), Selenium: 7.02µg (10.03%), Vitamin B3: 1.78mg (8.89%), Calcium: 74.39mg (7.44%), Vitamin C: 6.1mg (7.39%), Vitamin B6: 0.14mg (6.86%), Vitamin A: 323.3IU (6.47%), Vitamin B2: 0.1mg (5.72%), Potassium: 196.7mg (5.62%), Zinc: 0.79mg (5.27%), Folate: 20.25µg (5.06%), Manganese: 0.09mg (4.72%), Magnesium: 17.12mg (4.28%), Fiber: 1g (3.99%), Vitamin B5: 0.36mg (3.6%), Iron: 0.63mg (3.51%), Vitamin B1: 0.05mg (3.4%), Copper: 0.05mg (2.45%), Vitamin B12: 0.14µg (2.4%), Vitamin E: 0.3mg (1.99%)