



## Mini Chef Shake-Up

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



67 kcal

BEVERAGE

DRINK

### Ingredients

- 2 slices oscar mayer ham smoked cut into strips
- 1 cup torn iceberg lettuce
- 1 Tbsp classic ranch dressing kraft
- 2 Tbsp natural sharp cheddar cheese crumbles kraft

### Equipment

### Directions

Spoon dressing into 2-cup resealable plastic container; top with layers of cheese, lettuce and ham. Seal container.

Shake container to evenly coat salad ingredients with dressing just before serving.

## Nutrition Facts

**PROTEIN 24%** **FAT 71.48%** **CARBS 4.52%**

### Properties

Glycemic Index:11.8, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.5091304390327%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 66.61kcal (3.33%), Fat: 5.27g (8.11%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.44g (0.49%), Cholesterol: 13.72mg (4.57%), Sodium: 200.65mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin K: 7.63µg (7.27%), Selenium: 4.36µg (6.23%), Phosphorus: 59.91mg (5.99%), Vitamin B1: 0.08mg (5.03%), Calcium: 46.64mg (4.66%), Zinc: 0.51mg (3.38%), Vitamin B2: 0.06mg (3.38%), Vitamin B6: 0.05mg (2.68%), Vitamin A: 133.55IU (2.67%), Vitamin B3: 0.52mg (2.61%), Vitamin B12: 0.14µg (2.34%), Potassium: 58.88mg (1.68%), Folate: 5.89µg (1.47%), Magnesium: 4.91mg (1.23%), Vitamin E: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.13%), Manganese: 0.02mg (1.07%)