



Overnight Salad



Gluten Free

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

195 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 celery stalk diagonally sliced



2 cups meat from a rotisserie chicken cubed cooked



0.5 teaspoon mustard dry



0.5 cup dry-roasted peanuts



1 garlic clove minced



2 green onions chopped



3 cups lettuce shredded loosely packed



1 cup mayonnaise light

- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 2 tablespoons maple syrup
- ☐ 1 cup peas frozen english thawed
- ☐ 0.3 teaspoon pepper
- ☐ 6 radishes sliced
- ☐ 1 bell pepper diced red
- ☐ 2 cups pkt spinach shredded loosely packed
- ☐ 0.5 teaspoon worcestershire sauce

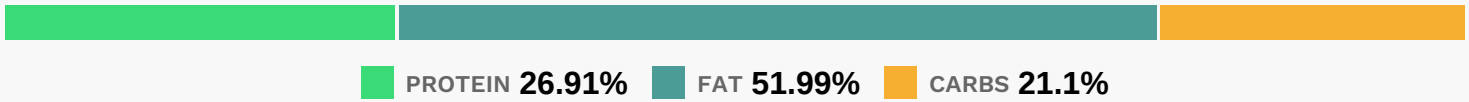
Equipment

- ☐ bowl

Directions

- ☐ Toss together chicken and syrup.
- ☐ Layer half each of lettuce and spinach in a 4 1/2-quart salad bowl.
- ☐ Layer with radishes, peas, bell pepper, chicken, celery, and green onions. Top with remaining lettuce and spinach; sprinkle with cheese.
- ☐ Stir together mayonnaise and next 4 ingredients until smooth; spread over top of salad, sealing to edge of bowl. Cover and chill 8 hours. Toss just before serving, and sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:33.48, Glycemic Load:1.93, Inflammation Score:-8, Nutrition Score:12.526521696345%

Flavonoids

Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg, Pelargonidin: 1.52mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 194.52kcal (9.73%), Fat: 11.4g (17.53%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 8.15g (2.96%), Sugar: 5.17g (5.75%), Cholesterol: 26.97mg (8.99%), Sodium: 321.33mg (13.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.55%), Vitamin K: 55.67µg (53.02%), Vitamin C: 24.28mg (29.43%), Vitamin A: 1231.66IU (24.63%), Manganese: 0.44mg (22.21%), Vitamin B3: 3.83mg (19.14%), Phosphorus: 169.28mg (16.93%), Selenium: 10.3µg (14.72%), Folate: 48.03µg (12.01%), Vitamin B6: 0.23mg (11.33%), Vitamin B2: 0.17mg (10.2%), Fiber: 2.26g (9.02%), Magnesium: 35.04mg (8.76%), Potassium: 286.88mg (8.2%), Calcium: 81.55mg (8.15%), Zinc: 1.12mg (7.48%), Vitamin B1: 0.11mg (7.21%), Iron: 1.18mg (6.58%), Vitamin E: 0.89mg (5.9%), Copper: 0.12mg (5.89%), Vitamin B5: 0.49mg (4.94%), Vitamin B12: 0.14µg (2.28%)