



Red Hot and ROKA® Blue Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup roka cheese dressing blue kraft
- 1 cup celery chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup green onions sliced
- 10 oz iceberg lettuce blend (8 cups)
- 1 Tbsp pepper sauce hot
- 1 large tomatoes chopped

Equipment

bowl

Directions

- Toss chicken with hot pepper sauce in large bowl.
- Add remaining ingredients; mix lightly.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.93, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:3.0286956358215%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 33.37kcal (1.67%), Fat: 1.06g (1.63%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.11g (0.4%), Sugar: 1.07g (1.19%), Cholesterol: 9.72mg (3.24%), Sodium: 116.22mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin K: 12.58µg (11.98%), Vitamin B3: 1.69mg (8.45%), Vitamin A: 252.37IU (5.05%), Vitamin B6: 0.09mg (4.75%), Selenium: 3.32µg (4.74%), Vitamin C: 3.49mg (4.23%), Phosphorus: 41.86mg (4.19%), Potassium: 109.73mg (3.14%), Folate: 11.9µg (2.97%), Manganese: 0.05mg (2.51%), Fiber: 0.54g (2.16%), Vitamin B2: 0.03mg (2.03%), Magnesium: 7.75mg (1.94%), Calcium: 17.95mg (1.79%), Iron: 0.32mg (1.78%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.2mg (1.34%), Vitamin E: 0.18mg (1.21%), Copper: 0.02mg (1.14%)