



## Rodeo Ranch Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp original barbecue sauce kraft
- 2 stalks celery chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 4 green onions sliced
- 0.3 cup classic ranch dressing kraft
- 10 oz torn salad greens mixed
- 0.5 cup mozzarella cheese shredded kraft
- 1 large tomatoes cut into wedges

# Equipment

bowl

# Directions

- Toss salad greens with chicken and vegetables in large bowl.
- Add dressing and barbecue sauce; mix lightly.
- Top with cheese.

# Nutrition Facts



# Properties

Glycemic Index:8.6, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:3.9704347622135%

# Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

# Nutrients (% of daily need)

Calories: 63.72kcal (3.19%), Fat: 3.68g (5.66%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.51g (1.67%), Cholesterol: 13.97mg (4.66%), Sodium: 113.5mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Vitamin K: 16.45µg (15.67%), Vitamin B3: 1.79mg (8.93%), Vitamin C: 6.83mg (8.28%), Vitamin A: 406.34IU (8.13%), Phosphorus: 62.19mg (6.22%), Selenium: 4.1µg (5.85%), Vitamin B6: 0.1mg (5.17%), Potassium: 124.5mg (3.56%), Folate: 13.75µg (3.44%), Calcium: 30.9mg (3.09%), Manganese: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.75%), Magnesium: 9.24mg (2.31%), Vitamin B12: 0.13µg (2.21%), Zinc: 0.32mg (2.1%), Vitamin B5: 0.21mg (2.1%), Iron: 0.37mg (2.08%), Vitamin E: 0.27mg (1.81%), Vitamin B1: 0.02mg (1.56%), Copper: 0.03mg (1.49%), Fiber: 0.33g (1.34%)