



Rustic Chicken Salad with Spring Vegetables

 Gluten Free

READY IN



56 min.

SERVINGS



56

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cherry tomatoes halved
- 0.8 lb green beans fresh
- 3 green onions sliced
- 1 cup natural italian* cheese crumbles kraft
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 6 cups spring mix salad greens
- 1 lb chicken breasts boneless skinless

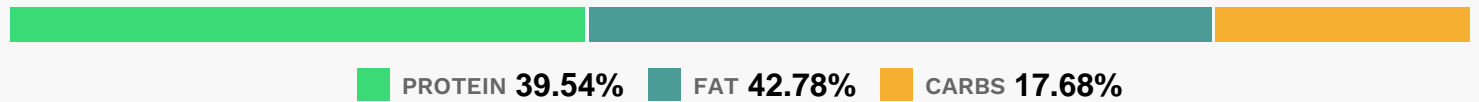
Equipment

grill

Directions

- Pour 1/4 cup dressing over chicken in shallow glass dish; turn chicken over to coat both sides of each breast. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 min. on each side or until done (165F); cut into strips.
- Place salad greens on platter; top with beans, tomatoes and chicken.
- Drizzle with remaining dressing.
- Sprinkle with cheese and onions.

Nutrition Facts



Properties

Glycemic Index:1.39, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.7060869473802%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 24.18kcal (1.21%), Fat: 1.17g (1.81%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.54g (0.6%), Cholesterol: 5.58mg (1.86%), Sodium: 36.05mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Vitamin K: 5.25µg (5%), Vitamin B3: 0.94mg (4.7%), Vitamin B6: 0.08mg (3.88%), Selenium: 2.71µg (3.87%), Vitamin C: 2.87mg (3.48%), Vitamin A: 119.71IU (2.39%), Phosphorus: 22.66mg (2.27%), Potassium: 62.4mg (1.78%), Vitamin B5: 0.14mg (1.4%), Manganese: 0.03mg (1.33%), Folate: 4.84µg (1.21%), Magnesium: 4.69mg (1.17%), Vitamin B2: 0.02mg (1.06%)