



Shake & Serve Salad

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 baby carrots and cherry tomatoes cut in half
- 2 Tbsp milk cheddar cheese shredded 2% kraft
- 0.3 cup corn chips
- 3 slices oscar mayer deli honey turkey breast smoked fresh cut into strips
- 2 Tbsp lite ranch dressing kraft
- 2 cups torn salad greens mixed

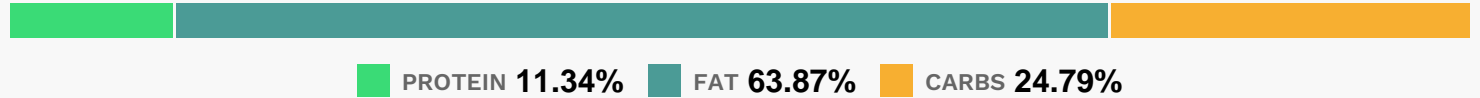
Equipment

- ziploc bags

Directions

- Place greens, vegetables, turkey and cheese in large resealable plastic bag.
- Place dressing and corn chips in separate small resealable plastic bags.
- Cut off 1 corner of bag filled with dressing; drizzle over salad. Shake lightly to mix ingredients. Top with corn chips.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:2.0156521512114%

Nutrients (% of daily need)

Calories: 37.09kcal (1.85%), Fat: 2.68g (4.12%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.08g (0.76%), Sugar: 0.48g (0.53%), Cholesterol: 3.25mg (1.08%), Sodium: 84.82mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin A: 936.45IU (18.73%), Vitamin K: 4.76µg (4.54%), Phosphorus: 28mg (2.8%), Vitamin C: 2.01mg (2.44%), Calcium: 19.12mg (1.91%), Manganese: 0.03mg (1.59%), Vitamin E: 0.24mg (1.59%), Folate: 5.23µg (1.31%), Selenium: 0.84µg (1.2%), Potassium: 39.3mg (1.12%), Magnesium: 4.32mg (1.08%), Vitamin B2: 0.02mg (1.06%), Fiber: 0.26g (1.05%)