



## Southwestern Chicken BLT Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup salsa thick
- 0.5 cup gorgonzola dip refrigerated bacon-flavored
- 1 tablespoon parsley fresh chopped
- 10 ounces the of 1 cos lettuce
- 12 ounces chicken tenderloins refrigerated cooked
- 4 plum tomatoes coarsely chopped (Roma)
- 0.5 cup bacon cooked chopped
- 0.5 cup croutons

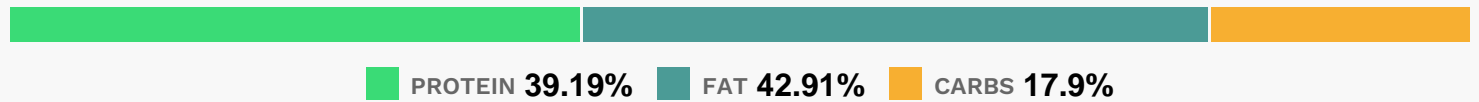
# Equipment

bowl

# Directions

- Mix all Salsa Bacon Dressing ingredients.
- In large bowl, mix all Salad ingredients.
- Add dressing; toss until coated.

# Nutrition Facts



# Properties

Glycemic Index:23.67, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:17.666956357334%

# Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

# Nutrients (% of daily need)

Calories: 180.31kcal (9.02%), Fat: 8.5g (13.07%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.8g (4.22%), Cholesterol: 45.61mg (15.2%), Sodium: 501.5mg (21.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.46g (34.92%), Vitamin A: 4640.37IU (92.81%), Vitamin K: 63.65µg (60.62%), Vitamin B3: 7.68mg (38.42%), Selenium: 24.24µg (34.63%), Vitamin B6: 0.58mg (29.12%), Folate: 77.91µg (19.48%), Phosphorus: 189.89mg (18.99%), Potassium: 534.13mg (15.26%), Vitamin C: 9.53mg (11.55%), Vitamin B1: 0.16mg (10.8%), Vitamin B5: 1.07mg (10.74%), Manganese: 0.17mg (8.45%), Magnesium: 33.18mg (8.3%), Fiber: 2.03g (8.11%), Vitamin B2: 0.13mg (7.79%), Iron: 1.1mg (6.13%), Calcium: 58.77mg (5.88%), Zinc: 0.87mg (5.79%), Vitamin E: 0.7mg (4.67%), Copper: 0.09mg (4.57%), Vitamin B12: 0.22µg (3.6%)