



## Southwestern Chicken BLT Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 12 ounces chicken breast refrigerated cooked
- 0.5 cup bacon cooked chopped
- 0.5 cup croutons
- 1 tablespoon parsley fresh chopped
- 10 ounces romaine leaves
- 4 plum tomatoes coarsely chopped (Roma)
- 0.5 cup gorgonzola dip refrigerated bacon-flavored
- 0.5 cup salsa thick

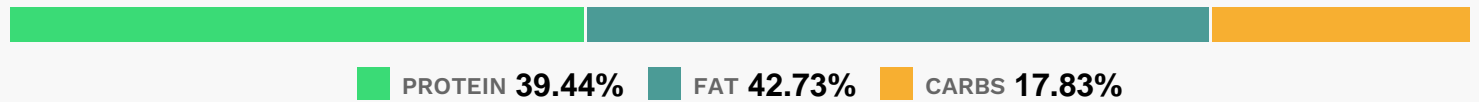
# Equipment

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:15.0499999916035%

# 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

# Nutrients (% of daily need)

Calories: 179.36kcal (8.97%), Fat: 8.35g (12.85%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.33g (2.3%), Sugar: 3.71g (4.12%), Cholesterol: 45.61mg (15.2%), Sodium: 510.95mg (22.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Vitamin A: 4023.29IU (80.47%), Vitamin B3: 7.72mg (38.62%), Selenium: 24.33µg (34.76%), Vitamin B6: 0.59mg (29.74%), Vitamin C: 16.15mg (19.57%), Phosphorus: 189.42mg (18.94%), Potassium: 509.09mg (14.55%), Vitamin K: 15.22µg (14.5%), Manganese: 0.24mg (11.87%), Vitamin B1: 0.18mg (11.69%), Vitamin B5: 1.01mg (10.07%), Vitamin B2: 0.15mg (8.71%), Magnesium: 32.71mg (8.18%), Folate: 31.6µg (7.9%), Fiber: 1.51g (6.03%), Calcium: 60.19mg (6.02%), Iron: 1.07mg (5.95%), Zinc: 0.85mg (5.7%), Vitamin E: 0.78mg (5.21%), Vitamin B12: 0.22µg (3.6%), Copper: 0.07mg (3.44%)