



Spring Salad with Roast Chicken

 Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 asparagus spears cut into 2-inch pieces
- 0.5 cup meat from a rotisserie chicken cooked chopped
- 1 oz monterrey jack cheese cubed kraft
- 2 Tbsp sun tomato vinaigrette dressing dried kraft
- 1 tomatoes cut into wedges

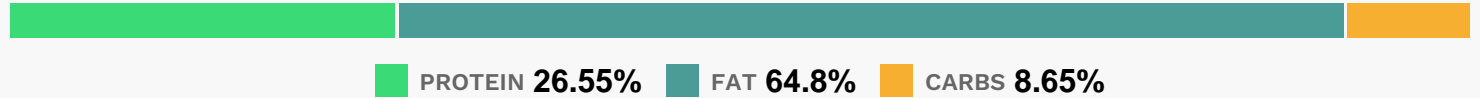
Equipment

- bowl
- microwave

Directions

- Place asparagus spears on microwavable plate with 1/4 cup water; cover and vent. Microwave on HIGH 1 min.
- Spoon dressing into individual salad bowl.
- Top with chicken, cheese, asparagus and tomato. Toss lightly.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:1.76, Inflammation Score:-9, Nutrition Score:20.983478561692%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg, Isorhamnetin: 4.56mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

Nutrients (% of daily need)

Calories: 404.46kcal (20.22%), Fat: 29.6g (45.55%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 8.88g (2.96%), Net Carbohydrates: 5.73g (2.08%), Sugar: 5.68g (6.31%), Cholesterol: 77.73mg (25.91%), Sodium: 230.67mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.3g (54.59%), Vitamin K: 75.32µg (71.73%), Vitamin A: 1876.1IU (37.52%), Vitamin B3: 7.06mg (35.28%), Selenium: 23.68µg (33.83%), Phosphorus: 331.39mg (33.14%), Vitamin C: 21.33mg (25.86%), Calcium: 251.39mg (25.14%), Vitamin B6: 0.48mg (24.03%), Vitamin E: 3.12mg (20.78%), Vitamin B2: 0.35mg (20.57%), Potassium: 638.93mg (18.26%), Iron: 3.1mg (17.2%), Folate: 68.65µg (17.16%), Zinc: 2.56mg (17.04%), Manganese: 0.28mg (14.08%), Vitamin B1: 0.21mg (13.84%), Copper: 0.27mg (13.64%), Fiber: 3.16g (12.62%), Magnesium: 47.08mg (11.77%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.44µg (7.31%), Vitamin D: 0.17µg (1.13%)