



## Summer Chicken Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup knudsen cream light sour
- 0.3 tsp dill weed
- 0.5 tsp lemon zest grated
- 4 servings lettuce
- 4 oz milk velveeta® 2%
- 4 oz pea pods cut in half crosswise
- 1 lb chicken breasts boneless skinless
- 1 medium tomatoes cut into wedges

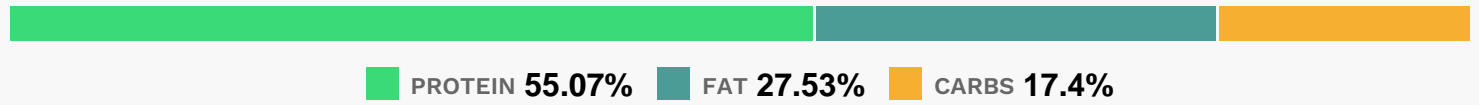
## Equipment

- frying pan
- sauce pan

## Directions

- Cook chicken in boiling water in covered skillet 15 to 20 minutes or until chicken is cooked through.
- Meanwhile, mix VELVEETA, sour cream, lemon zest and dill weed in medium saucepan; cook on low heat until VELVEETA is melted, stirring occasionally.
- Cut chicken into 1/4-inch-thick slices. Arrange on individual lettuce-lined plates along with tomatoes and pea pods.
- Drizzle with VELVEETA sauce.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:19.129130332366%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 202.37kcal (10.12%), Fat: 6.12g (9.41%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.5g (2.37%), Sugar: 5.11g (5.68%), Cholesterol: 82.69mg (27.56%), Sodium: 169.81mg (7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.09%), Vitamin B3: 12.33mg (61.67%), Selenium: 37.71µg (53.87%), Vitamin B6: 0.98mg (48.91%), Phosphorus: 320.62mg (32.06%), Vitamin C: 25.58mg (31%), Vitamin K: 31.37µg (29.88%), Vitamin A: 1154.51IU (23.09%), Potassium: 758.24mg (21.66%), Vitamin B5: 2.04mg (20.43%), Vitamin B2: 0.23mg (13.32%), Magnesium: 51.26mg (12.81%), Vitamin B1: 0.19mg (12.44%), Folate: 49.02µg (12.25%), Manganese: 0.23mg (11.69%), Calcium: 99.2mg (9.92%), Fiber: 2.2g (8.8%), Iron: 1.47mg (8.18%), Vitamin

B12: 0.46µg (7.67%), Zinc: 1.13mg (7.55%), Copper: 0.1mg (4.85%), Vitamin E: 0.72mg (4.83%), Vitamin D: 0.46µg (3.09%)