



Summer Layered Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups the of 1 cos lettuce (from 1 head)
- 18 oz chicken breast strips/pre-cooked/chopped frozen thawed fully cooked (not breaded) (4 cups)
- 4 oz gorgonzola crumbled
- 4 oz cashew pieces
- 3 cups strawberries fresh quartered
- 0.3 cup vegetable oil
- 2 tablespoons sugar
- 0.5 teaspoon salt

- 3 tablespoons red wine vinegar
- 1 teaspoon dijon mustard
- 1 clove garlic finely chopped

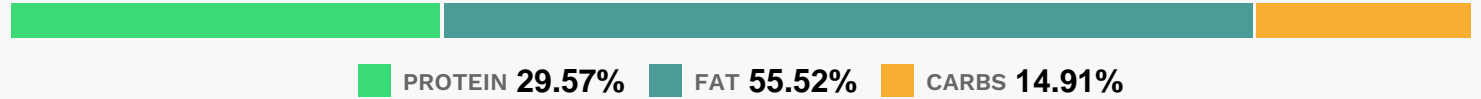
Equipment

- bowl
- whisk
- measuring cup

Directions

- In deep 3-quart salad bowl, place half of the lettuce.
- Layer with chicken, cheese, pecan halves, remaining lettuce and strawberries.
- In small bowl or glass measuring cup, mix dressing ingredients with wire whisk until well blended. Just before serving, pour dressing over salad.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:5.88, Inflammation Score:-10, Nutrition Score:29.515652210816%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 469.06kcal (23.45%), Fat: 29.28g (45.05%), Saturated Fat: 7.75g (48.41%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 14.43g (5.25%), Sugar: 9.39g (10.44%), Cholesterol: 86.47mg (28.82%), Sodium: 491.34mg (21.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.1g (70.19%), Vitamin A: 4947.33IU (98.95%), Vitamin K: 87.24µg (83.08%), Vitamin B3: 12.51mg (62.57%), Vitamin C: 44.82mg (54.33%), Selenium: 30.86µg (44.09%), Phosphorus: 415.12mg (41.51%), Manganese: 0.71mg (35.39%), Vitamin B6: 0.7mg (35.08%), Folate: 106.86µg (26.71%), Copper: 0.53mg (26.41%), Magnesium: 102.06mg (25.52%), Potassium: 642.74mg (18.36%), Zinc: 2.69mg (17.91%), Iron: 3.09mg (17.19%), Calcium: 151.2mg (15.12%), Vitamin B5: 1.48mg (14.84%), Vitamin B2: 0.23mg (13.8%), Vitamin B1: 0.2mg (13.62%), Fiber: 3.26g (13.05%), Vitamin E: 1.72mg (11.47%), Vitamin B12: 0.52µg (8.66%), Vitamin D: 0.18µg (1.2%)