



Summer Layered Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz chicken breast strips/pre-cooked/chopped frozen thawed fully cooked (not breaded) (4 cups)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic finely chopped
- ☐ 4 oz gorgonzola crumbled
- ☐ 4 oz pecans
- ☐ 3 tablespoons red wine vinegar
- ☐ 7 cups the of 1 cos lettuce (from 1 head)
- ☐ 0.5 teaspoon salt

- ☐ 3 cups strawberries fresh quartered
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil

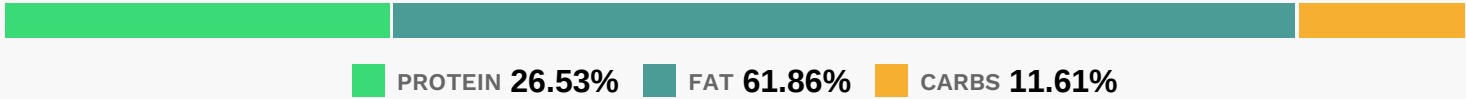
Equipment

- ☐ 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:34.85, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:29.274782896042%

Flavonoids

Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg, Cyanidin: 3.24mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg, Delphinidin: 1.6mg 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: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg, Epigallocatechin: 1.63mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg 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: 495.14kcal (24.76%), Fat: 34.6g (53.24%), Saturated Fat: 7.44g (46.52%), Carbohydrates: 14.62g (4.87%), Net Carbohydrates: 10.16g (3.7%), Sugar: 9.03g (10.03%), Cholesterol: 86.47mg (28.82%), Sodium: 489.07mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.39g (66.77%), Vitamin A: 4957.91IU (99.16%), Vitamin K: 81.45µg (77.57%), Vitamin B3: 12.53mg (62.67%), Manganese: 1.25mg (62.28%), Vitamin C: 44.93mg (54.47%), Selenium: 27.82µg (39.74%), Phosphorus: 355.4mg (35.54%), Vitamin B6: 0.66mg (33.13%), Folate: 106.29µg (26.57%), Fiber: 4.45g (17.81%), Magnesium: 69.75mg (17.44%), Potassium: 595.49mg (17.01%), Copper: 0.34mg (17.01%), Vitamin B1: 0.25mg (16.61%), Zinc: 2.45mg (16.34%), Calcium: 157.43mg (15.74%), Vitamin B5: 1.48mg (14.84%), Vitamin B2: 0.25mg (14.6%), Iron: 2.31mg (12.83%), Vitamin E: 1.82mg (12.1%), Vitamin B12: 0.52µg (8.66%), Vitamin D: 0.18µg (1.2%)