



SuperFast Chef Salad

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

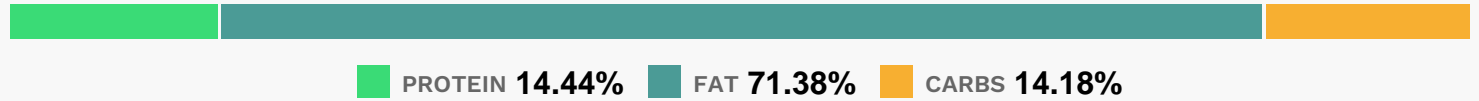
- 1 avocado peeled seeded sliced
- 3 tablespoons cheese blue crumbled
- 0.3 cup carrots shaved
- 1 cup rotisserie chicken breast shredded boneless skinless
- 10 cup romaine lettuce chopped
- 0.5 cup texas 1015 sweet thinly sliced
- 0.5 cup easy herb vinaigrette

Equipment

Directions

- Arrange 2 1/2 cups lettuce on each of 4 plates. Top lettuce evenly with chicken, onion, carrot, avocado, and blue cheese.
- Drizzle each serving with 2 tablespoons Easy Herb Vinaigrette; serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.46, Glycemic Load:0.74, Inflammation Score:-10, Nutrition Score:22.746087030224%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 312.74kcal (15.64%), Fat: 25.92g (39.87%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 5.28g (1.92%), Sugar: 4.05g (4.5%), Cholesterol: 27.94mg (9.31%), Sodium: 126.07mg (5.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.59%), Vitamin A: 12141.1IU (242.82%), Vitamin K: 163.53µg (155.75%), Folate: 210.52µg (52.63%), Vitamin B6: 0.55mg (27.32%), Vitamin B3: 5.34mg (26.69%), Fiber: 6.31g (25.25%), Potassium: 746.56mg (21.33%), Selenium: 14.04µg (20.06%), Vitamin E: 2.79mg (18.62%), Phosphorus: 169.58mg (16.96%), Vitamin B5: 1.54mg (15.39%), Manganese: 0.29mg (14.5%), Vitamin C: 11.76mg (14.26%), Vitamin B2: 0.21mg (12.46%), Magnesium: 45.06mg (11.27%), Vitamin B1: 0.16mg (10.6%), Iron: 1.66mg (9.2%), Copper: 0.18mg (9.01%), Calcium: 81.92mg (8.19%), Zinc: 1mg (6.67%), Vitamin B12: 0.14µg (2.32%)