



HEALTH SCORE

74%

Tangy Chicken Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 8.8 ounce no-salt-added whole-kernel corn drained canned
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 12 ounces ready-to-eat roasted skinned shredded such as Tyson
- ☐ 8 cups torn romaine lettuce
- ☐ 0.1 teaspoon salt
- ☐ 1.5 ounces ham smoked finely chopped

- ☐ 2 cups tomatoes diced
- ☐ 2 tablespoons water
- ☐ 0.3 cup citrus champagne vinegar

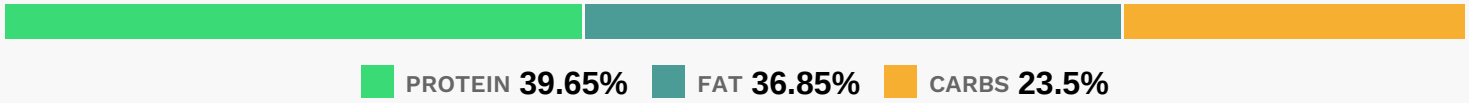
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well with a whisk. Arrange lettuce and next 4 ingredients (lettuce through corn) evenly among 4 serving plates.
- ☐ Drizzle each with 2 tablespoons dressing; sprinkle each with 1 tablespoon cheese.
- ☐ Garnish with red onion slices, if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.82, Inflammation Score:-10, Nutrition Score:26.075652163962%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 252.84kcal (12.64%), Fat: 10.56g (16.25%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 11.02g (4.01%), Sugar: 5.88g (6.53%), Cholesterol: 64mg (21.33%), Sodium: 464.95mg (20.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.57g (51.15%), Vitamin A: 8890.65IU (177.81%), Vitamin K: 104.72µg (99.73%), Folate: 164.53µg (41.13%), Vitamin B6: 0.81mg (40.32%), Selenium: 25.34µg (36.2%), Vitamin B1: 0.5mg (33.14%), Phosphorus: 319.56mg (31.96%), Vitamin B3: 6.32mg (31.58%), Potassium: 862.86mg (24.65%), Vitamin B2: 0.32mg (18.75%), Vitamin C: 15.03mg (18.22%), Fiber: 4.14g (16.56%), Manganese: 0.33mg (16.55%), Zinc: 2.46mg (16.4%), Magnesium: 57.34mg (14.34%), Vitamin B5: 1.18mg (11.78%), Iron: 2mg (11.11%), Copper: 0.19mg (9.58%), Vitamin B12: 0.52µg (8.67%), Calcium: 84.82mg (8.48%), Vitamin E: 1.21mg (8.09%), Vitamin D: 0.38µg

(2.5%)