



White Bean & Roasted Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

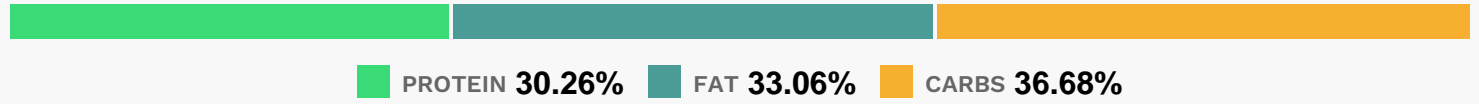
- 19 oz .5 can cannellini beans rinsed canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup basil fresh chopped
- 2 plum tomatoes chopped
- 0.3 cup classic ranch dressing kraft
- 0.5 cup onion red halved thin
- 10 oz torn salad greens mixed

Equipment

Directions

- Combine first 5 ingredients.
- Cover platter with salad greens; top with chicken mixture.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:14.772173771392%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 254.53kcal (12.73%), Fat: 9.38g (14.44%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 18.62g (6.77%), Sugar: 2g (2.22%), Cholesterol: 38.47mg (12.82%), Sodium: 173.53mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.65%), Manganese: 0.6mg (30.07%), Vitamin K: 27.69µg (26.37%), Phosphorus: 224.09mg (22.41%), Folate: 85.24µg (21.31%), Vitamin B3: 4.2mg (20.98%), Iron: 3.71mg (20.63%), Selenium: 13.64µg (19.49%), Potassium: 676.62mg (19.33%), Fiber: 4.81g (19.22%), Vitamin C: 15.02mg (18.21%), Vitamin B6: 0.34mg (16.75%), Magnesium: 65.91mg (16.48%), Vitamin A: 803.7IU (16.07%), Copper: 0.28mg (14.18%), Zinc: 1.91mg (12.7%), Vitamin B1: 0.15mg (9.7%), Calcium: 88.5mg (8.85%), Vitamin B2: 0.15mg (8.56%), Vitamin B5: 0.82mg (8.2%), Vitamin E: 1.13mg (7.53%), Vitamin B12: 0.16µg (2.63%)