



Zesty Grilled Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby spinach leaves loosely packed
- 0.5 cup cherry tomatoes halved
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup italian* five cheese blend shredded kraft finely
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 small baby squash yellow chopped

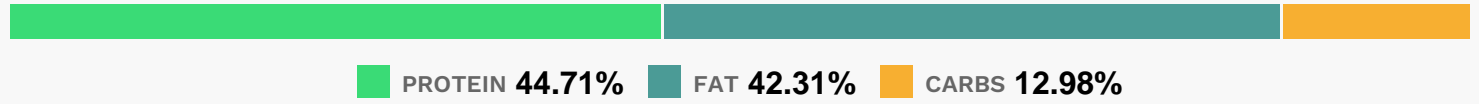
Equipment

- bowl

Directions

- Toss spinach with squash, chicken and tomatoes in large bowl.
- Add dressing; mix lightly.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:27.823912778626%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg, Kaempferol: 3.83mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 300.7kcal (15.03%), Fat: 14.28g (21.97%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.63g (2.77%), Sugar: 5.65g (6.28%), Cholesterol: 76.02mg (25.34%), Sodium: 442.77mg (19.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.91%), Vitamin K: 309.32µg (294.59%), Vitamin A: 5954.79IU (119.1%), Vitamin B3: 12.62mg (63.1%), Vitamin C: 35.5mg (43.03%), Vitamin B6: 0.8mg (40.21%), Selenium: 24.97µg (35.66%), Folate: 141.75µg (35.44%), Manganese: 0.7mg (35.21%), Phosphorus: 260.57mg (26.06%), Potassium: 812.98mg (23.23%), Magnesium: 86.92mg (21.73%), Vitamin B2: 0.3mg (17.78%), Iron: 3.05mg (16.93%), Vitamin E: 2.37mg (15.8%), Calcium: 126.26mg (12.63%), Vitamin B1: 0.15mg (10.26%), Vitamin B5: 1mg (9.99%), Zinc: 1.41mg (9.42%), Copper: 0.18mg (9.16%), Fiber: 2.23g (8.92%), Vitamin B12: 0.29µg (4.82%)