



Zesty Italian Chicken Salad

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

READY IN



45 min.

SERVINGS



45

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb asparagus spears fresh cut into 2-inch lengths, blanched
- 6 oz baby spinach leaves
- 0.5 cup planters cashews
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 bell pepper red cut into thin strips
- 0.5 cup onions red thinly sliced
- 1 lb chicken breasts boneless skinless

Equipment

grill

Directions

- Pour 1/4 cup dressing over chicken in shallow glass dish; turn chicken to evenly coat both sides of each breast. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill chicken 6 to 8 min. on each side or until done (165F); cut into strips.
- Place chicken and vegetables on spinach-covered platter; sprinkle with nuts.
- Drizzle with remaining dressing.

Nutrition Facts

 **PROTEIN 36.14%**  **FAT 43.09%**  **CARBS 20.77%**

Properties

Glycemic Index:3.29, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:4.045652160502%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 29.97kcal (1.5%), Fat: 1.48g (2.27%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.76g (0.84%), Cholesterol: 6.45mg (2.15%), Sodium: 41.16mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin K: 24.56µg (23.39%), Vitamin A: 517.45IU (10.35%), Vitamin C: 5.28mg (6.4%), Vitamin B3: 1.22mg (6.12%), Selenium: 3.84µg (5.49%), Vitamin B6: 0.11mg (5.48%), Manganese: 0.08mg (4.06%), Phosphorus: 38.36mg (3.84%), Folate: 14.89µg (3.72%), Copper: 0.06mg (2.99%), Magnesium: 11.83mg (2.96%), Potassium: 98.58mg (2.82%), Iron: 0.47mg (2.63%), Vitamin B1: 0.03mg (2.18%), Vitamin E: 0.32mg (2.15%), Vitamin B2: 0.04mg (2.06%), Vitamin B5: 0.2mg (1.97%), Fiber: 0.43g (1.71%), Zinc: 0.23mg (1.51%)