

# Italian Chicken Salad

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/zesty-italian-chicken-salad-recipe>

## Ingredients:

- 8 ounces chicken Tyson® Grilled & Ready®, cooked according to package directions
- 6 ounces green leaf lettuce or one bag of red and
- 1/4 cup red peppers thinly sliced
- 1/4 cup red onion thinly sliced
- 14 slices salami small, quartered
- 1/2 cup croutons
- 1 tablespoon basil chopped
- 1/2 cup fresh mozzarella cubed
- 1/4 cup sundried tomatoes
- 1/3 cup Wish-Bone Italian Dressing

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 225 milligrams
4. Fat: 61 grams
5. Fiber: 3 grams
6. Protein: 56 grams
7. SaturatedFat: 25 grams
8. Sodium: 3190 milligrams
9. Sugar: 12 grams

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