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# Bacon Ranch Salad with Buttermilk Crispy Chicken ♦

A delicious salad recipe featuring crispy chicken and a tangy bacon ranch dressing.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

## Ingredients

500 g	buttermilk crispy chicken
100 g	bacon
200 g	Romaine Lettuce
150 g	Cherry Tomatoes
50 g	red onion
100 g	Cheddar Cheese

200 g ranch dressing

## Directions

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### Step 1

Oven

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 25 mins

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### Step 2

Oven

Cook the Buttermilk Crispy Chicken according to package instructions.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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### Step 3

Frying

Cook the bacon until crispy, then crumble it.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Chop the romaine lettuce, cherry tomatoes, and red onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

In a large bowl, combine the chopped lettuce, cherry tomatoes, red onion, crumbled bacon, and cheddar cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Slice the cooked Buttermilk Crispy Chicken and add it to the salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

Mixing

Drizzle the ranch dressing over the salad and toss to combine.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serving

Serve the Bacon Ranch Salad with Buttermilk Crispy Chicken without dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 20 g

**Protein:** 50 g

**Carbohydrates:** 20 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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