

Quick Buffalo Chicken Salad

submitted by ckitchen



Per serving: 228 Calories • 8.8g Carbs (2.1g Fiber) • 8.8g Fat • 28.4g Protein

Ingredients

Ingredients scaled to: 2 serving

4 tbsp **Pepper or hot sauce** (57.6 grams)

1 cup **Canned chicken** (205 grams)

2 cup **Spinach** (60 grams)

2 medium **Tomatoes** (246 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Mix hot sauce with chicken. Put on top of spinach, and add tomatoes to top. Toss together and enjoy!