



## Almond Chicken Salad

 Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 servings serving suggestions: bread crisp
- 1 cup celery diced finely
- 3.5 cups meat from a rotisserie chicken diced
- 2 tablespoons juice of lemon
- 0.5 cup mayonnaise
- 1 teaspoon salt
- 0.3 cup slivered almonds

## Equipment

## Directions

- Combine lemon juice, mayonnaise, and salt and blend well. Toss with chicken, celery and almonds.
- Serve on bread or crisp lettuce.

## Nutrition Facts

**PROTEIN 13.45%** **FAT 66.58%** **CARBS 19.97%**

## Properties

Glycemic Index:25.11, Glycemic Load:7.33, Inflammation Score:-3, Nutrition Score:10.101739144844%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 309.88kcal (15.49%), Fat: 23.03g (35.43%), Saturated Fat: 3.98g (24.87%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 13.39g (4.87%), Sugar: 2.32g (2.58%), Cholesterol: 31.57mg (10.52%), Sodium: 674.28mg (29.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.47g (20.93%), Vitamin K: 37.21µg (35.43%), Manganese: 0.5mg (24.86%), Vitamin B3: 3.99mg (19.96%), Selenium: 13.37µg (19.1%), Vitamin E: 2.35mg (15.66%), Phosphorus: 119.85mg (11.99%), Vitamin B2: 0.19mg (11.22%), Vitamin B1: 0.15mg (10.2%), Magnesium: 36.36mg (9.09%), Folate: 36.33µg (9.08%), Iron: 1.6mg (8.86%), Fiber: 2.15g (8.62%), Vitamin B6: 0.17mg (8.31%), Copper: 0.13mg (6.45%), Calcium: 63.39mg (6.34%), Zinc: 0.95mg (6.31%), Vitamin B5: 0.63mg (6.26%), Potassium: 195.99mg (5.6%), Vitamin C: 3.02mg (3.66%), Vitamin A: 132.93IU (2.66%), Vitamin B12: 0.12µg (2.01%)