



Angel's Chunky Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

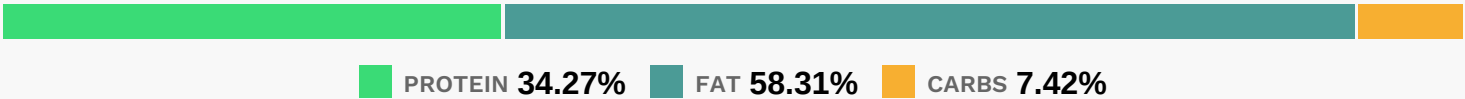
- ☐ 2 stalks celery chopped
- ☐ 1 chicken breast half boneless cooked chopped
- ☐ 2 dill pickles chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 tablespoons mayonnaise
- ☐ 0.5 onion diced finely
- ☐ 2 servings salt and pepper to taste

Equipment

Directions

- ☐ Combine the chicken, celery, mayonnaise, onion and pickle; mix well.
- ☐ Season with the garlic powder, salt and pepper.
- ☐ Serve with lettuce on fresh crusty bread or bun.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:16.365217353987%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg, Quercetin: 5.74mg

Nutrients (% of daily need)

Calories: 297.26kcal (14.86%), Fat: 19.01g (29.25%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.65g (1.33%), Sugar: 2.66g (2.96%), Cholesterol: 81.14mg (27.05%), Sodium: 1016.74mg (44.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.29%), Vitamin B3: 12.02mg (60.1%), Vitamin K: 57.21µg (54.48%), Selenium: 37.03µg (52.9%), Vitamin B6: 0.94mg (46.95%), Phosphorus: 271.24mg (27.12%), Potassium: 643.76mg (18.39%), Vitamin B5: 1.81mg (18.14%), Vitamin B2: 0.18mg (10.87%), Magnesium: 41.58mg (10.4%), Vitamin B1: 0.13mg (8.51%), Folate: 30.57µg (7.64%), Vitamin E: 1.1mg (7.32%), Vitamin C: 6mg (7.27%), Fiber: 1.79g (7.16%), Vitamin A: 346.65IU (6.93%), Calcium: 65.17mg (6.52%), Manganese: 0.13mg (6.49%), Zinc: 0.87mg (5.79%), Iron: 0.77mg (4.29%), Vitamin B12: 0.25µg (4.19%), Copper: 0.08mg (3.91%), Vitamin D: 0.16µg (1.03%)