



Apple-Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



15

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup celery minced
- 1 cup meat from a rotisserie chicken minced cooked
- 1 apples i use 2 granny smith apples minced
- 0.3 cup mayonnaise
- 1 tablespoon onion minced
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

Equipment

bowl

Directions

Combine all ingredients in a bowl; chill until ready to serve.

Nutrition Facts

 **PROTEIN 17.28%**  **FAT 69.76%**  **CARBS 12.96%**

Properties

Glycemic Index:11.53, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.4330434543283%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 56.29kcal (2.81%), Fat: 4.37g (6.72%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.49g (0.54%), Sugar: 1.34g (1.49%), Cholesterol: 9.09mg (3.03%), Sodium: 59.49mg (2.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin K: 8.9µg (8.48%), Vitamin B3: 0.75mg (3.76%), Selenium: 2.42µg (3.46%), Vitamin B6: 0.05mg (2.29%), Phosphorus: 20.92mg (2.09%), Fiber: 0.33g (1.33%), Vitamin E: 0.19mg (1.27%), Potassium: 40.93mg (1.17%), Vitamin B2: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.16mg (1.05%)