



Apricot-Pecan Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups meat from a rotisserie chicken cooked chopped
- 2 tablespoons dijon mustard country-style
- 1 cup apricots dried chopped
- 2 tablespoons honey
- 0.3 cup mayonnaise
- 1 cup pecans coarsely chopped
- 6 servings salt and pepper to taste
- 0.3 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan

Directions

- Heat nuts in a small nonstick skillet over medium-low heat, stirring often, 4 to 5 minutes or until toasted and fragrant.
- Stir together chicken and next 5 ingredients in a large bowl. Season with salt and pepper to taste; stir in pecans.
- Serve immediately, or cover and chill until ready to serve. Store in an airtight container in refrigerator up to 3 days.

Nutrition Facts



Properties

Glycemic Index:29.61, Glycemic Load:7.13, Inflammation Score:-6, Nutrition Score:13.800000141172%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg

Nutrients (% of daily need)

Calories: 401.42kcal (20.07%), Fat: 26.84g (41.29%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 19.06g (6.93%), Sugar: 18.49g (20.54%), Cholesterol: 62.07mg (20.69%), Sodium: 365.97mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.93%), Manganese: 0.91mg (45.45%), Vitamin B3: 6.34mg (31.68%), Selenium: 20.71µg (29.59%), Phosphorus: 215.03mg (21.5%), Vitamin B6: 0.37mg (18.3%), Vitamin A: 889.06IU (17.78%), Copper: 0.34mg (17.1%), Vitamin K: 16.74µg (15.94%), Potassium: 511.14mg (14.6%), Fiber: 3.55g (14.22%), Zinc: 2.07mg (13.77%), Vitamin B1: 0.18mg (11.92%), Magnesium: 47.21mg (11.8%), Iron: 2.02mg (11.22%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 1.02mg (10.17%), Vitamin B2: 0.17mg (9.79%), Calcium: 47.15mg (4.71%), Vitamin B12: 0.23µg (3.91%), Folate: 11.19µg (2.8%)