



Autumn Chicken Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 rib celery chopped
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.3 cup dijon honey mustard
- ☐ 6 servings lettuce leaves
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup diamond of california pecan halves shelled toasted
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium size delicious apple red chopped

- ☐ 1 cup grapes red seedless chopped
- ☐ 0.5 teaspoon salt

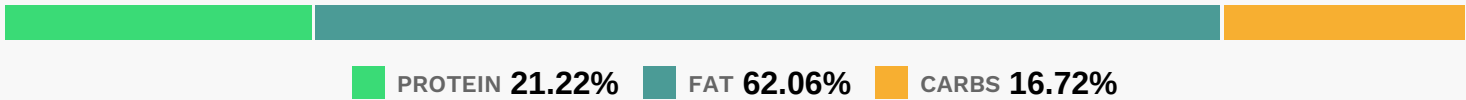
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 9 ingredients in a large bowl. Cover and chill.
- ☐ Serve on lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:12.705652195474%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 358.61kcal (17.93%), Fat: 24.64g (37.91%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 12.92g (4.7%), Sugar: 9.81g (10.9%), Cholesterol: 60.34mg (20.11%), Sodium: 424.64mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.95g (37.91%), Vitamin A: 1858.1IU (37.16%), Vitamin K: 35.34µg (33.66%), Vitamin B3: 5.79mg (28.93%), Selenium: 18.14µg (25.91%), Manganese: 0.5mg (24.83%), Vitamin B6: 0.36mg (18.23%), Phosphorus: 176.75mg (17.68%), Zinc: 1.55mg (10.3%), Vitamin B2: 0.17mg (9.83%), Vitamin B1: 0.15mg (9.76%), Potassium: 327.39mg (9.35%), Copper: 0.18mg (9.2%), Vitamin B5: 0.82mg (8.17%), Fiber: 2.02g (8.06%), Iron: 1.45mg (8.05%), Vitamin C: 6.63mg (8.03%), Magnesium: 31.47mg (7.87%), Vitamin E: 0.9mg (6.03%), Folate: 16.98µg (4.24%), Vitamin B12: 0.23µg (3.76%), Calcium: 29.33mg (2.93%)