



 **53%**
HEALTH SCORE

Baked Chicken Salad

 **Gluten Free**

READY IN

60 min.

SERVINGS

1

CALORIES

1639 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1.5 cups celery sliced
- 3 cups meat from a rotisserie chicken cooked chopped
- 1 Tbsp juice of lemon
- 0.5 cup miracle whip dressing
- 1 Tbsp onion chopped
- 1 dash pepper
- 0.8 cup potato chips crushed
- 0.5 tsp salt

- 1 cup cheddar cheese shredded divided kraft
- 6 slices tomatoes

Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350F.
- Mix chicken, celery, 1/2 cup of the cheese, dressing, onion, lemon juice and seasonings until well blended.
- Spoon into 1-1/2-quart casserole dish; top with tomatoes.
- Bake 35 minutes; top with combined remaining 1/2 cup cheese and chips.
- Bake an additional 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:156, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:54.346086564271%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 1638.53kcal (81.93%), Fat: 91.7g (141.08%), Saturated Fat: 32.31g (201.92%), Carbohydrates: 63.58g (21.19%), Net Carbohydrates: 56.45g (20.53%), Sugar: 16.71g (18.56%), Cholesterol: 439.48mg (146.49%), Sodium: 3679.49mg (159.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 136.97g (273.94%), Selenium: 137.57µg

(196.53%), Vitamin B3: 36.74mg (183.7%), Phosphorus: 1469.91mg (146.99%), Vitamin B6: 2.27mg (113.73%), Calcium: 935.91mg (93.59%), Vitamin B5: 7.73mg (77.32%), Zinc: 11.46mg (76.41%), Vitamin B2: 1.26mg (74.38%), Potassium: 2316.02mg (66.17%), Vitamin K: 61.87µg (58.92%), Vitamin E: 7.94mg (52.96%), Magnesium: 178.3mg (44.57%), Vitamin A: 2124.3IU (42.49%), Vitamin B12: 2.42µg (40.26%), Iron: 6.6mg (36.69%), Manganese: 0.7mg (34.97%), Vitamin B1: 0.47mg (31.42%), Vitamin C: 25.83mg (31.31%), Folate: 123.57µg (30.89%), Fiber: 7.14g (28.54%), Copper: 0.49mg (24.55%), Vitamin D: 0.68µg (4.52%)