



## Basic Chicken Salad

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

READY IN



10 min.

SERVINGS



2

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup blanched slivered almonds
- 1 stalk celery chopped
- 2 cups chicken meat cooked chopped
- 0.3 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 0.5 cup mayonnaise

### Equipment

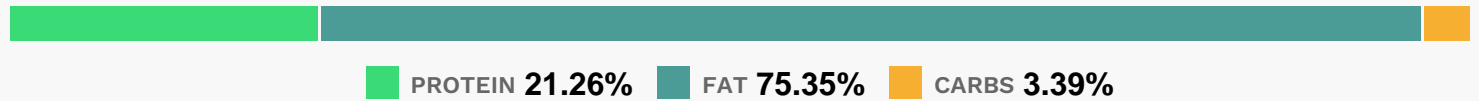
- bowl

frying pan

## Directions

- Place almonds in a frying pan. Toast over medium-high heat, shaking frequently. Watch carefully, as they burn easily.
- In a medium bowl, mix together mayonnaise, lemon juice, and pepper. Toss with chicken, almonds, and celery.

## Nutrition Facts



## Properties

Glycemic Index:57, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:24.238695662955%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 778.98kcal (38.95%), Fat: 65.41g (100.63%), Saturated Fat: 10.17g (63.55%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.03g (2.25%), Cholesterol: 128.52mg (42.84%), Sodium: 481.86mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.52g (83.04%), Vitamin K: 97.55µg (92.9%), Vitamin B3: 12.05mg (60.26%), Vitamin E: 8.32mg (55.45%), Selenium: 36.69µg (52.42%), Phosphorus: 416.23mg (41.62%), Vitamin B6: 0.63mg (31.43%), Manganese: 0.58mg (28.83%), Magnesium: 105.4mg (26.35%), Vitamin B2: 0.42mg (24.79%), Zinc: 3.05mg (20.31%), Copper: 0.38mg (18.96%), Potassium: 572.78mg (16.37%), Vitamin B5: 1.6mg (16.04%), Iron: 2.77mg (15.37%), Fiber: 3.08g (12.31%), Vitamin B1: 0.15mg (10.02%), Calcium: 94.56mg (9.46%), Folate: 31.77µg (7.94%), Vitamin B12: 0.47µg (7.89%), Vitamin C: 3.52mg (4.27%), Vitamin A: 187.31IU (3.75%)