



Becky's Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 1 cup celery chopped
- ☐ 2.5 cups chicken meat diced chilled cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup grapes seedless sliced
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon salt

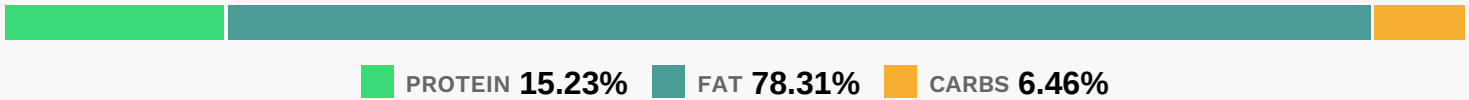
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, whip cream to soft peaks.
- ☐ Combine meat, celery, grapes, almonds, parsley, salt, and mayonnaise with whipped cream. Chill.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:1.35, Inflammation Score:-3, Nutrition Score:7.855652153492%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 269.76kcal (13.49%), Fat: 23.57g (36.26%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 3.48g (1.26%), Sugar: 2.98g (3.32%), Cholesterol: 42.38mg (14.13%), Sodium: 411.52mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.31g (20.63%), Vitamin K: 54.99µg (52.37%), Vitamin B3: 3mg (15%), Selenium: 9.55µg (13.64%), Vitamin E: 2.03mg (13.53%), Phosphorus: 103.39mg (10.34%), Vitamin B6: 0.17mg (8.74%), Vitamin B2: 0.14mg (8.03%), Manganese: 0.14mg (6.78%), Magnesium: 22.98mg (5.75%), Potassium: 183.58mg (5.25%), Zinc: 0.76mg (5.04%), Copper: 0.1mg (4.82%), Vitamin A: 239.13IU (4.78%), Vitamin B5: 0.45mg (4.51%), Iron: 0.77mg (4.3%), Fiber: 0.9g (3.6%), Vitamin B1: 0.05mg (3.19%), Calcium: 29.09mg (2.91%), Folate: 10.29µg (2.57%), Vitamin C: 1.9mg (2.3%), Vitamin B12: 0.14µg (2.3%)