



Best Chicken Salad Ever I

☒ Gluten Free ☒ Dairy Free

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READY IN

ready

10 min.

SERVINGS

servings

6

CALORIES

calories

249 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large apples diced cored
- ☐ 5 ounce meat from a rotisserie chicken chunk flaked drained canned
- ☐ 1 cup pecans chopped
- ☐ 0.7 cup raisins
- ☐ 2 tablespoons creamy salad dressing
- ☐ 6 servings salt and pepper to taste
- ☐ 1 teaspoon relish sweet

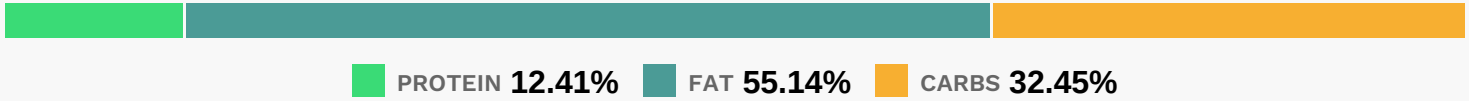
Equipment

bowl

Directions

In a large bowl, mix the chicken, creamy salad dressing, pickle relish, apple, pecans, celery, and raisins. Season with salt and pepper. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:8.22, Inflammation Score:-3, Nutrition Score:7.5660869207071%

Flavonoids

Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg, Cyanidin: 2.53mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg, Epicatechin: 2.95mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 16.13g (24.82%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 21.37g (7.12%), Net Carbohydrates: 17.63g (6.41%), Sugar: 5.33g (5.93%), Cholesterol: 11.81mg (3.94%), Sodium: 365.64mg (15.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.34%), Manganese: 0.88mg (43.78%), Fiber: 3.74g (14.96%), Copper: 0.29mg (14.51%), Phosphorus: 103.46mg (10.35%), Zinc: 1.46mg (9.75%), Vitamin B1: 0.15mg (9.68%), Magnesium: 33.44mg (8.36%), Potassium: 287.48mg (8.21%), Selenium: 5.23µg (7.47%), Iron: 1.25mg (6.94%), Vitamin B6: 0.13mg (6.58%), Vitamin B2: 0.09mg (5.09%), Vitamin K: 5.31µg (5.06%), Vitamin B3: 1mg (5%), Vitamin B12: 0.24µg (3.94%), Vitamin C: 2.81mg (3.4%), Vitamin E: 0.5mg (3.36%), Calcium: 23.52mg (2.35%), Vitamin B5: 0.19mg (1.87%), Vitamin A: 83.89IU (1.68%), Folate: 6.08µg (1.52%)