



Betty's Best Hot Chicken Salad

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cashew pieces
- ☐ 1 cup celery chopped
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 1 small onion grated
- ☐ 1 cup potato chips crushed
- ☐ 0.5 teaspoon salt

☐ 0.5 cup cheddar cheese shredded

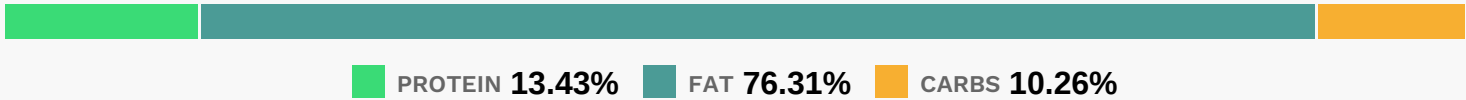
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ In a medium bowl, mix together the chicken, celery, cashews, mayonnaise, onion, salt and lemon juice.
- ☐ Transfer the mixture to a casserole dish, then top with shredded cheese and potato chips.
- ☐ Bake uncovered for 20 minutes in the preheated oven, or until heated through and bubbly.

Nutrition Facts



Properties

Glycemic Index:26.87, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:14.139130328013%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 513.16kcal (25.66%), Fat: 43.8g (67.39%), Saturated Fat: 8.35g (52.21%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 11.97g (4.35%), Sugar: 1.77g (1.97%), Cholesterol: 60.1mg (20.03%), Sodium: 617.37mg (26.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Vitamin K: 72.85µg (69.39%), Selenium: 17.63µg (25.18%), Phosphorus: 233.81mg (23.38%), Vitamin B3: 4.54mg (22.72%), Vitamin E: 2.92mg (19.47%), Vitamin B6: 0.35mg (17.48%), Copper: 0.32mg (15.87%), Manganese: 0.32mg (15.85%), Magnesium: 56.35mg (14.09%), Vitamin B5: 1.33mg (13.28%), Zinc: 1.93mg (12.88%), Potassium: 428.52mg (12.24%), Calcium: 91.95mg (9.2%), Iron: 1.62mg

(9.01%), Vitamin B2: 0.15mg (8.79%), Vitamin B1: 0.12mg (8.08%), Vitamin C: 6.43mg (7.8%), Folate: 22.25µg (5.56%), Fiber: 1.28g (5.11%), Vitamin B12: 0.28µg (4.67%), Vitamin A: 213.87IU (4.28%)