



Big Daddy's Kick'n Chicken Salad

READY IN



15 min.

SERVINGS



6

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 1 tablespoon chili sauce sweet red
- ☐ 4 to 6 croissants fresh split
- ☐ 2 tablespoons parsley leaves fresh chopped
- ☐ 2 tablespoons roasted garlic paste
- ☐ 1 juice of lemon juiced
- ☐ 1.5 tablespoons kosher salt
- ☐ 6 servings lettuce
- ☐ 1 cup mayonnaise

- ☐ 2 teaspoons cracked pepper black
- ☐ 0.5 cup roasted pistachios chopped
- ☐ 4 jalapeños diced red seeded
- ☐ 0.5 cup onion diced red
- ☐ 3 pound roasted chicken* diced
- ☐ 2 tablespoons scallions sliced
- ☐ 6 servings tomatoes

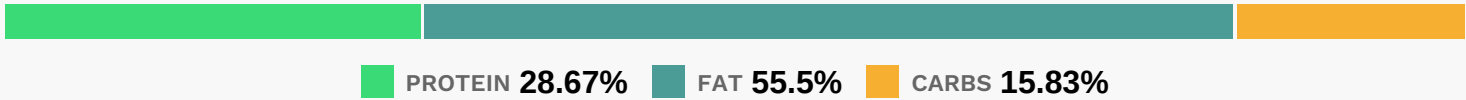
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix all of the ingredients together until well incorporated and evenly distributed. Assemble the sandwiches by layering the chicken salad, lettuce, and tomato.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:14.72, Inflammation Score:-9, Nutrition Score:39.619999927023%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg

0.53mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 914.66kcal (45.73%), Fat: 56.21g (86.48%), Saturated Fat: 13.58g (84.88%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 30.1g (10.94%), Sugar: 15.06g (16.73%), Cholesterol: 211.24mg (70.41%), Sodium: 2346.79mg (102.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.34g (130.67%), Vitamin K: 125.71µg (119.72%), Vitamin B3: 20.21mg (101.05%), Selenium: 66.64µg (95.2%), Vitamin B6: 1.41mg (70.69%), Phosphorus: 609.37mg (60.94%), Vitamin C: 47.12mg (57.11%), Vitamin A: 2614.26IU (52.29%), Manganese: 0.78mg (39.06%), Potassium: 1317.2mg (37.63%), Vitamin B1: 0.51mg (33.76%), Vitamin B2: 0.52mg (30.84%), Zinc: 4.57mg (30.46%), Vitamin B5: 2.96mg (29.65%), Iron: 5.22mg (28.98%), Folate: 113.87µg (28.47%), Magnesium: 99.27mg (24.82%), Fiber: 5.99g (23.96%), Copper: 0.47mg (23.43%), Vitamin E: 3.02mg (20.11%), Vitamin B12: 0.76µg (12.72%), Calcium: 106.41mg (10.64%)