



Blue & White's Chicken Salad

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

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 3 to 4 celery diced (including some leaves)
- 4 cups chicken breast tenders chilled cooked chopped
- 0.5 cup dijon honey mustard (such as Honeycup Uniquely Sharp Mustard)
- 1 cup mayonnaise (such as Hellmann's)
- 1 cup walnuts toasted coarsely chopped

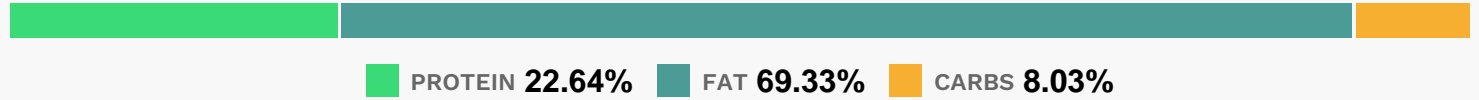
Equipment

- bowl

Directions

- Stir together all ingredients in a large bowl until blended.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:16.95043452408%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 578.01kcal (28.9%), Fat: 43.99g (67.67%), Saturated Fat: 6.51g (40.7%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.03g (3.65%), Sugar: 4.9g (5.45%), Cholesterol: 95.01mg (31.67%), Sodium: 411.94mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.32g (64.65%), Vitamin B3: 13.03mg (65.13%), Vitamin K: 62.79µg (59.8%), Selenium: 27.6µg (39.43%), Manganese: 0.73mg (36.44%), Vitamin B6: 0.67mg (33.51%), Phosphorus: 289.12mg (28.91%), Copper: 0.37mg (18.4%), Magnesium: 59.04mg (14.76%), Vitamin B5: 1.09mg (10.86%), Vitamin E: 1.62mg (10.81%), Zinc: 1.6mg (10.66%), Potassium: 342.02mg (9.77%), Iron: 1.65mg (9.18%), Vitamin B1: 0.14mg (9.09%), Vitamin B2: 0.14mg (8.5%), Folate: 25.49µg (6.37%), Vitamin B12: 0.36µg (6.04%), Fiber: 1.42g (5.69%), Calcium: 38.37mg (3.84%), Vitamin A: 58.57IU (1.17%), Vitamin D: 0.17µg (1.12%)