



Bread-and-Butter Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

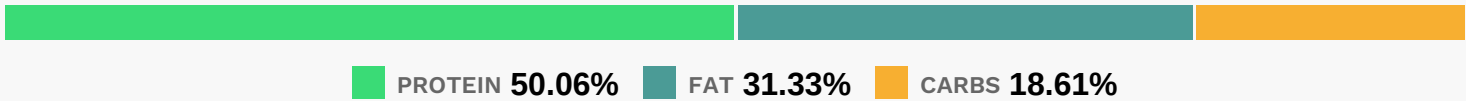
- ☐ 0.3 cup bread chopped
- ☐ 2 cups roasted chicken prepared
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon lemon zest

Equipment

Directions

Stir Uncle Hoyt's Bread-and-Butter Pickles, parsley, and lemon zest into your favorite prepared chicken salad.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:3.78, Inflammation Score:-2, Nutrition Score:8.2539130961118%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 157.83kcal (7.89%), Fat: 5.32g (8.18%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.47g (2.35%), Sugar: 0.86g (0.96%), Cholesterol: 52.5mg (17.5%), Sodium: 123.01mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.12g (38.24%), Vitamin B3: 6.36mg (31.78%), Selenium: 21.48µg (30.69%), Vitamin K: 17.12µg (16.31%), Phosphorus: 154.07mg (15.41%), Vitamin B6: 0.3mg (15.23%), Manganese: 0.19mg (9.49%), Vitamin B2: 0.14mg (8.31%), Zinc: 1.23mg (8.19%), Vitamin B5: 0.81mg (8.06%), Iron: 1.44mg (8.01%), Vitamin B1: 0.11mg (7.01%), Potassium: 186.89mg (5.34%), Magnesium: 21.28mg (5.32%), Folate: 17.6µg (4.4%), Vitamin B12: 0.2µg (3.38%), Copper: 0.06mg (3.17%), Calcium: 28.43mg (2.84%), Fiber: 0.64g (2.55%), Vitamin A: 113.3IU (2.27%), Vitamin C: 1.52mg (1.84%)