



## Cajun Chicken Salad

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

READY IN



30 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound chicken breasts boneless skinless
- 4 servings salt
- 0.5 cup mayonnaise
- 2 Tbsp mustard
- 1 Tbsp cider vinegar
- 2 teaspoons paprika
- 1 teaspoon creole seasoning
- 1 teaspoon horseradish prepared

- 2 hardboiled eggs chopped
- 0.5 cup celery chopped
- 0.5 cup bell pepper green chopped
- 0.3 cup green onion chopped
- 4 servings tabasco to taste

## Equipment

- bowl
- pot
- slotted spoon

## Directions

- Poach the chicken: Set a 2-quart pot of well salted water over high heat. As the water heats to a boil, cut the chicken breasts into large (2 1/2-inch) chunks. When the water boils, add the chicken. Return to a simmer, then turn off the heat, and cover the pot.
- Let sit for 15 minutes (time it) or more while you prepare everything else.
- Make the dressing, mix in the eggs and vegetables: In a large bowl, mix the mayo, mustard, vinegar, paprika, Cajun seasoning and horseradish together.
- Mix in the eggs, celery, green pepper, green onion.
- Dice chicken, mix with salad: Using a slotted spoon, remove the chicken from the poaching water\* and dice it.
- Mix it in with the remaining ingredients.
- Add salt and hot sauce to taste. Chill before serving.
- Serve over butter lettuce or between two pieces of bread for a sandwich.
- \*The resulting poaching liquid is a light, salted chicken broth. You can save it and pour it into a cup and drink it as a light soup if you want.

## Nutrition Facts



## Properties

Glycemic Index:69.5, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:19.986521917841%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 376.29kcal (18.81%), Fat: 27.08g (41.66%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.58g (1.75%), Cholesterol: 177.58mg (59.19%), Sodium: 637.2mg (27.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.77%), Selenium: 47.42µg (67.74%), Vitamin K: 65.29µg (62.18%), Vitamin B3: 12.2mg (60.99%), Vitamin B6: 0.98mg (48.83%), Phosphorus: 309.48mg (30.95%), Vitamin C: 18.71mg (22.68%), Vitamin A: 1076.23IU (21.52%), Vitamin B5: 2.12mg (21.17%), Vitamin B2: 0.29mg (16.86%), Potassium: 589.44mg (16.84%), Vitamin E: 2mg (13.3%), Magnesium: 43.44mg (10.86%), Vitamin B12: 0.54µg (8.96%), Vitamin B1: 0.13mg (8.52%), Zinc: 1.14mg (7.62%), Iron: 1.34mg (7.45%), Folate: 29.61µg (7.4%), Manganese: 0.14mg (6.99%), Fiber: 1.53g (6.12%), Vitamin D: 0.72µg (4.8%), Calcium: 40.67mg (4.07%), Copper: 0.08mg (3.84%)