



Carol's Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 0.5 cup celery finely chopped
- ☐ 3 cups rotisserie chicken breast meat diced cooked
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 cups grapes green halved
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 tablespoon juice of lemon

- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon onion powder
- ☐ 0.8 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups swiss cheese diced

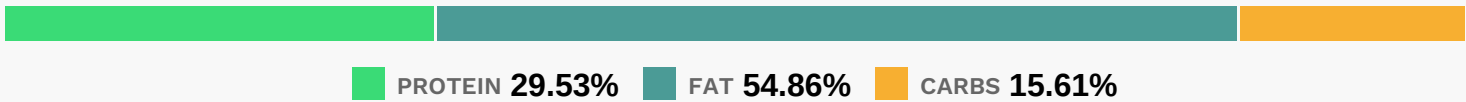
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the mayonnaise, salt, poultry seasoning, onion powder, garlic powder, pepper, and lemon juice.
- ☐ In a large bowl, toss together the chicken, celery, green onions, water chestnuts, Swiss cheese, and grapes.
- ☐ Add the mayonnaise mixture, and stir to coat. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:2.21, Inflammation Score:-3, Nutrition Score:11.111304426971%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 273.43kcal (13.67%), Fat: 16.66g (25.63%), Saturated Fat: 5.23g (32.72%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.17g (3.33%), Sugar: 5.2g (5.77%), Cholesterol: 61.63mg (20.54%), Sodium: 285.12mg (12.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.34%), Vitamin K: 39.01µg (37.15%), Vitamin B3: 6.65mg (33.27%), Selenium: 18.99µg (27.12%), Phosphorus: 229.36mg (22.94%), Vitamin B6: 0.39mg (19.51%), Calcium: 180.83mg (18.08%), Vitamin B12: 0.72µg (11.95%), Zinc: 1.48mg (9.86%), Vitamin B2: 0.15mg (8.57%), Potassium: 264.26mg (7.55%), Magnesium: 25.8mg (6.45%), Vitamin B5: 0.64mg (6.39%), Iron: 1.14mg (6.31%), Vitamin E: 0.94mg (6.25%), Fiber: 1.5g (5.99%), Copper: 0.11mg (5.74%), Vitamin A: 269.27IU (5.39%), Manganese: 0.1mg (5.17%), Vitamin B1: 0.06mg (4.22%), Vitamin C: 3.21mg (3.89%), Folate: 13.1µg (3.28%)