



CATALINA® Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves (7 cups)
- 0.3 cup classic catalina dressing kraft
- 1 cup celery chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup green onion
- 3 hard-cooked eggs chopped
- 0.3 cup miracle whip dressing

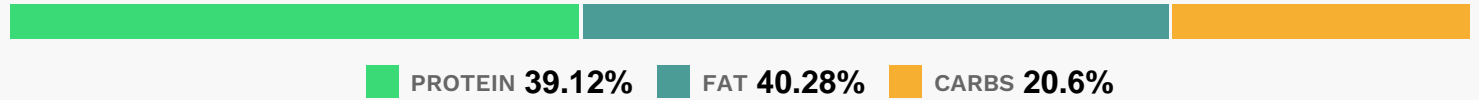
Equipment

bowl

Directions

- Mix dressings in medium bowl until well blended.
- Add chicken, celery, eggs and onions; mix lightly.
- Divide spinach among 4 salad plates; top evenly with chicken mixture.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.16, Inflammation Score:-8, Nutrition Score:10.494347919589%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 81.17kcal (4.06%), Fat: 3.56g (5.48%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.75g (3.05%), Cholesterol: 70.98mg (23.66%), Sodium: 180.53mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin K: 90.39µg (86.08%), Vitamin A: 1751.25IU (35.02%), Selenium: 9.54µg (13.63%), Vitamin B3: 2.51mg (12.55%), Folate: 45.52µg (11.38%), Manganese: 0.17mg (8.69%), Vitamin B6: 0.16mg (8.12%), Vitamin B2: 0.14mg (8.01%), Phosphorus: 76.58mg (7.66%), Vitamin C: 5.56mg (6.74%), Potassium: 193.64mg (5.53%), Magnesium: 21.48mg (5.37%), Iron: 0.88mg (4.9%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.22µg (3.74%), Calcium: 33.11mg (3.31%), Zinc: 0.44mg (2.94%), Fiber: 0.72g (2.89%), Vitamin B1: 0.04mg (2.57%), Vitamin D: 0.35µg (2.31%), Copper: 0.04mg (1.9%)