

Cathedral Chicken Salad

☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

15

CALORIES

calories

99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 teaspoon ground pepper white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon seasoning salt

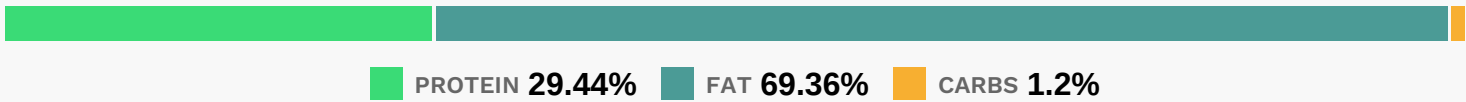
Equipment

☐ bowl

Directions

- ☐ Stir together first 5 ingredients until blended.
- ☐ Place chicken and celery in a large bowl; add mayonnaise mixture, and toss to combine.
- ☐ Note: We tested with Hellmann's Real Mayonnaise and Lawry's Seasoned Salt.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.0360869768521%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 98.83kcal (4.94%), Fat: 7.47g (11.5%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.12g (0.14%), Cholesterol: 24.14mg (8.05%), Sodium: 155.97mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin K: 13.17µg (12.54%), Vitamin B3: 2.22mg (11.11%), Selenium: 7.3µg (10.43%), Vitamin B6: 0.12mg (5.94%), Phosphorus: 57.05mg (5.71%), Zinc: 0.45mg (2.98%), Vitamin B5: 0.3mg (2.97%), Vitamin B2: 0.05mg (2.66%), Potassium: 76.46mg (2.18%), Iron: 0.38mg (2.13%), Vitamin E: 0.26mg (1.72%), Magnesium: 6.77mg (1.69%), Vitamin B12: 0.09µg (1.5%), Vitamin B1: 0.02mg (1.36%)