



Cha-Cha Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz pineapple crushed canned
- ☐ 6 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.7 cup cranberries dried sweetened orange-flavored
- ☐ 8 oz cream cheese softened
- ☐ 2 teaspoons curry powder
- ☐ 8 servings garnishes: herbs fresh sliced
- ☐ 1 cup mayonnaise
- ☐ 1 cup roasted salted chopped

☐ 1 teaspoon salt

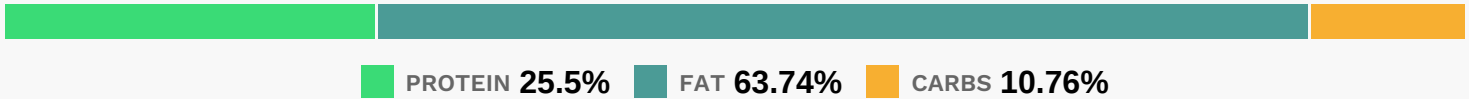
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ cake form

Directions

- ☐ Whisk together cream cheese and next 3 ingredients in a large bowl; stir in chicken, pineapple, and cranberries just until blended.
- ☐ If desired, spoon mixture into a plastic wrap-lined 8-inch round cake pan; cover and chill at least 8 hours or up to 24 hours. Invert chicken salad onto a cake stand, and remove plastic wrap. Gently press chopped almonds onto sides of chicken salad.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:16.57173925379%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 554.22kcal (27.71%), Fat: 39.08g (60.13%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 13.74g (5%), Sugar: 12.62g (14.02%), Cholesterol: 137.77mg (45.92%), Sodium: 651.87mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.18g (70.36%), Selenium: 37.37µg (53.39%), Vitamin K: 56µg (53.33%), Vitamin B3: 10.17mg (50.86%), Vitamin B6: 0.71mg (35.29%), Phosphorus: 310.01mg (31%), Vitamin B2: 0.29mg (17.17%), Zinc: 2.39mg (15.92%), Vitamin B1: 0.24mg (15.84%), Vitamin B5: 1.48mg (14.77%), Potassium: 447.85mg (12.8%), Vitamin A: 566.59IU (11.33%), Vitamin E: 1.54mg (10.3%), Iron: 1.85mg (10.29%),

Magnesium: 39.78mg (9.95%), Vitamin B12: 0.55µg (9.19%), Copper: 0.14mg (6.81%), Calcium: 55.37mg (5.54%), Manganese: 0.1mg (4.85%), Fiber: 1.1g (4.41%), Vitamin C: 3.1mg (3.76%), Folate: 12.75µg (3.19%), Vitamin D: 0.17µg (1.16%)