



Cherry Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chicken breast halves diced boneless cooked
- ☐ 1 tablespoon buttermilk
- ☐ 0.3 cup celery diced
- ☐ 0.3 cup cherries dried
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt

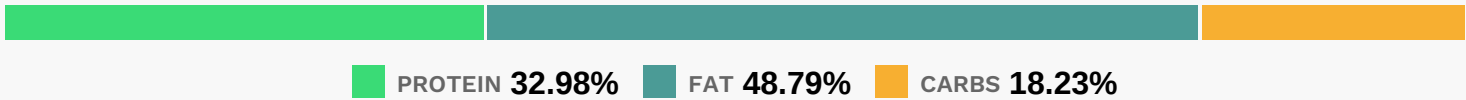
Equipment

☐ bowl

Directions

- ☐ In a large bowl, combine the chicken, dried cherries, celery, nuts, mayonnaise, milk, salt and pepper and apple if desired. Toss together well and refrigerate until chilled.
- ☐ Serve on toasted cracked wheat bread or croissants.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:11.890869565632%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 240.06kcal (12%), Fat: 13.03g (20.04%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 8.93g (3.25%), Sugar: 6.55g (7.28%), Cholesterol: 57.64mg (19.21%), Sodium: 555.71mg (24.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.62%), Vitamin B3: 8.98mg (44.9%), Selenium: 28.14µg (40.19%), Vitamin B6: 0.66mg (33.13%), Manganese: 0.46mg (23.21%), Phosphorus: 211.54mg (21.15%), Vitamin B5: 1.34mg (13.35%), Vitamin K: 13.4µg (12.76%), Potassium: 386.93mg (11.06%), Vitamin A: 447.51IU (8.95%), Magnesium: 35.13mg (8.78%), Fiber: 2.02g (8.08%), Vitamin B1: 0.12mg (7.97%), Copper: 0.14mg (7.14%), Vitamin B2: 0.11mg (6.37%), Zinc: 0.94mg (6.3%), Vitamin E: 0.72mg (4.83%), Iron: 0.78mg (4.32%), Vitamin B12: 0.19µg (3.11%), Calcium: 29.77mg (2.98%), Folate: 9.4µg (2.35%), Vitamin C: 1.38mg (1.67%)