



Cherry-Tarragon Chicken Salad

READY IN



30 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups meat from a rotisserie chicken cooked chopped
- 8 servings round buttery crackers
- 0.5 cup cherries dried
- 2 teaspoons tarragon fresh
- 0.3 cup mayonnaise
- 1 cup orange juice fresh
- 1 teaspoon orange rind grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt divided

0.3 cup cup heavy whipping cream sour

Equipment

bowl

sauce pan

Directions

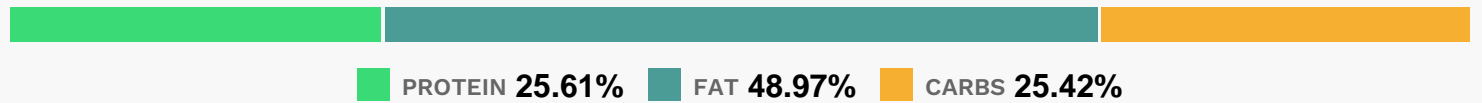
Bring juice and cherries to a boil in a medium saucepan over medium-high heat. Reduce heat, and simmer, stirring occasionally, 10 to 12 minutes or until liquid is reduced to 1/4 cup.

Remove from heat, and cool slightly.

Pour mixture into a large bowl; stir in chicken and next 6 ingredients, tossing to coat. Cover and chill at least 2 hours.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:10.652608700097%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 313.23kcal (15.66%), Fat: 16.83g (25.89%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 18.43g (6.7%), Sugar: 8.13g (9.03%), Cholesterol: 60.66mg (20.22%), Sodium: 402.31mg (17.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.61%), Vitamin B3: 6.48mg (32.38%), Selenium: 18.5µg (26.42%), Vitamin K: 23.45µg (22.34%), Vitamin C: 16.15mg (19.58%), Phosphorus: 192.49mg (19.25%), Vitamin B6: 0.33mg (16.27%), Iron: 1.94mg (10.79%), Vitamin B2: 0.18mg (10.32%), Vitamin B1: 0.15mg (9.73%), Vitamin A: 432.88IU (8.66%), Vitamin B5: 0.84mg (8.41%), Zinc: 1.24mg (8.24%), Potassium: 268.68mg (7.68%), Manganese: 0.15mg (7.61%), Folate: 26.67µg (6.67%), Vitamin E: 0.91mg (6.04%), Magnesium: 23.86mg (5.97%), Calcium: 57.74mg (5.77%), Fiber: 1.22g (4.89%), Copper: 0.08mg (4.05%), Vitamin B12: 0.23µg (3.82%)