



Cherry-Walnut Chicken Salad Sandwiches

READY IN



20 min.

SERVINGS



6

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 0.8 pound chicken breast shredded cooked
- ☐ 2 tablespoons green onions chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1 tablespoon cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cherries dried sweet chopped

- ☐ 0.3 cup walnuts toasted chopped
- ☐ 0.8 ounce bread light whole wheat 100% (such as Weight Watchers)

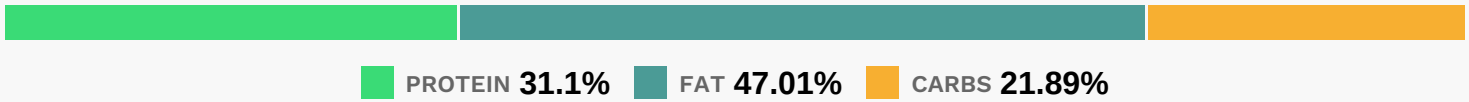
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Add chicken; stir to coat.
- ☐ Spread 1/2 cup chicken mixture over each of 6 bread slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:30.95, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:8.1773913229775%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 213.36kcal (10.67%), Fat: 11.13g (17.12%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 9.85g (3.58%), Sugar: 6.19g (6.88%), Cholesterol: 45.22mg (15.07%), Sodium: 269.82mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.13%), Vitamin B3: 4.75mg (23.75%), Selenium: 15.68µg (22.39%), Manganese: 0.33mg (16.53%), Phosphorus: 145.54mg (14.55%), Vitamin B6: 0.28mg (14.21%), Vitamin K: 13.84µg (13.18%), Vitamin A: 456.53IU (9.13%), Zinc: 1.17mg (7.79%), Copper: 0.15mg (7.61%), Fiber: 1.81g (7.25%), Magnesium: 26.99mg (6.75%), Iron: 1.21mg (6.7%), Vitamin B5: 0.65mg (6.45%), Vitamin B2: 0.11mg (6.37%), Potassium: 204.89mg (5.85%), Vitamin B1: 0.08mg (5.13%), Folate: 15.99µg (4%), Calcium: 37.09mg (3.71%), Vitamin B12: 0.17µg (2.88%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.06mg (1.29%)