



WHATSheATE



Chicken and Apple Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



861 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves finely chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 medium granny smith apples cored cut into 1/4-inch dice
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup mayonnaise reduced-fat
- ☐ 8 cups salad greens mixed
- ☐ 2 tablespoons onion red finely chopped
- ☐ 3.5 lb rotisserie chicken cut

☐ 4 servings salt

Equipment

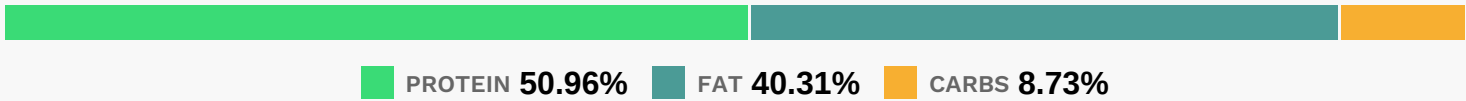
☐ bowl

☐ whisk

Directions

- ☐ Remove meat from chicken and dice, discarding skin and bones (you should have about 4 cups of meat).
- ☐ Toss apples with 1 Tbsp. lime juice in a large bowl.
- ☐ Add chicken and red onion. In a separate small bowl, whisk together mayonnaise, cilantro, red pepper, 1/2 tsp. salt and remaining 1 Tbsp. lime juice. Stir dressing into chicken mixture to coat. Season with salt.
- ☐ Arrange greens on four plates. Top with chicken salad and serve.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:3.42, Inflammation Score:-5, Nutrition Score:6.3882608258206%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 861.32kcal (43.07%), Fat: 38.88g (59.82%), Saturated Fat: 9.62g (60.11%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.88g (12.09%), Cholesterol: 385.5mg (128.5%), Sodium: 1826.77mg (79.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 110.59g (221.19%), Vitamin C: 25.42mg (30.81%), Vitamin A: 1031.95IU (20.64%), Vitamin K: 17.86µg (17%), Fiber: 2.35g (9.39%), Folate: 35.31µg (8.83%), Manganese: 0.16mg (8.13%), Potassium: 263.24mg (7.52%), Vitamin B6: 0.11mg (5.68%), Vitamin E: 0.85mg (5.65%), Phosphorus: 48.38mg (4.84%), Vitamin B2: 0.07mg (3.98%), Iron: 0.7mg (3.87%), Magnesium: 15.25mg (3.81%), Copper: 0.08mg (3.79%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.56mg (2.79%), Calcium: 20.41mg (2.04%), Vitamin B5: 0.19mg (1.85%), Zinc: 0.25mg (1.64%), Selenium: 1.11µg (1.58%)