



Chicken, Apple, and Smoked Gouda Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups celery thinly sliced
- ☐ 1 lb gala apple thinly sliced
- ☐ 6 oz gouda cheese smoked shredded
- ☐ 6 servings dijon honey mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup pecans salted
- ☐ 1 small onion red halved sliced
- ☐ 3 cups chicken shredded cooked

- ☐ 6 oz spring mix of spinach
- ☐ 1 cup cranberries dried sweetened

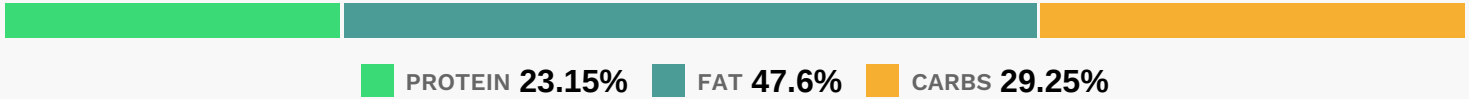
Equipment

- ☐ bowl

Directions

- ☐ Toss apple slices with lemon juice.
- ☐ Layer salad greens, apples, chicken, and next 5 ingredients in a large glass bowl.
- ☐ Serve immediately, or cover and chill up to 8 hours. Toss salad with 1/4 cup Honey–Mustard Dressing just before serving.
- ☐ Serve with remaining dressing.
- ☐ Note: We tested with Fresh Express 50/50 Spring
- ☐ Mix and Baby Spinach.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:3.49, Inflammation Score:-7, Nutrition Score:17.3400000878%

Flavonoids

Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg, Cyanidin: 3.08mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 5.83mg, Epicatechin: 5.83mg, Epicatechin: 5.83mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg

0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg, Quercetin: 7.78mg

Nutrients (% of daily need)

Calories: 451.88kcal (22.59%), Fat: 24.73g (38.05%), Saturated Fat: 7.34g (45.86%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 29g (10.55%), Sugar: 25.25g (28.06%), Cholesterol: 84.82mg (28.27%), Sodium: 319.8mg (13.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Manganese: 0.93mg (46.47%), Phosphorus: 367.66mg (36.77%), Selenium: 22.39µg (31.99%), Vitamin B3: 6.17mg (30.85%), Calcium: 243.05mg (24.31%), Vitamin B6: 0.45mg (22.43%), Fiber: 5.2g (20.8%), Zinc: 3.09mg (20.62%), Vitamin C: 14.35mg (17.4%), Vitamin B2: 0.28mg (16.39%), Copper: 0.31mg (15.61%), Potassium: 499.37mg (14.27%), Magnesium: 55.5mg (13.88%), Vitamin A: 674.46IU (13.49%), Vitamin B1: 0.2mg (13.31%), Vitamin B5: 1.13mg (11.34%), Vitamin K: 11.9µg (11.33%), Vitamin B12: 0.64µg (10.66%), Folate: 39.41µg (9.85%), Iron: 1.77mg (9.85%), Vitamin E: 0.94mg (6.26%)