

Chicken Salad

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



30

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery finely chopped
- ☐ 3 pounds skinned and boned chicken breasts
- ☐ 49.5 ounce chicken broth canned
- ☐ 1 teaspoon ground pepper red
- ☐ 3 cups mayonnaise
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup water chestnuts rinsed drained finely chopped
- ☐ 0.5 teaspoon pepper white
- ☐ 0.5 cup bell pepper yellow finely chopped

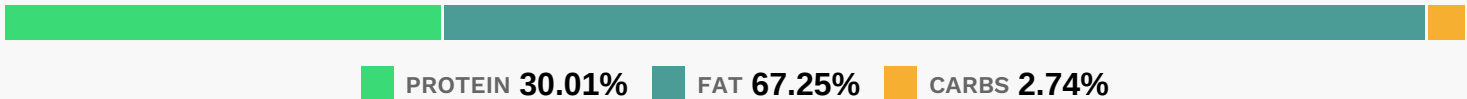
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place chicken breasts in a large skillet; add chicken broth. Cover and bring to a boil over high heat. Reduce heat to medium low, and simmer, covered, 30 minutes or until chicken is done.
- ☐ Remove chicken from skillet, and let stand 15 minutes or until cool to touch. Shred chicken.
- ☐ Combine shredded chicken, celery, water chestnuts, and next 3 ingredients in a large bowl.
- ☐ Stir together mayonnaise, ground red pepper, salt, and white pepper until well blended; spoon over shredded chicken mixture, stirring to coat. Cover and chill at least 4 hours.
- ☐ Shrimp Salad: Substitute 3 pounds chopped cooked shrimp for chicken breasts and broth. Do not cook. Reduce mayonnaise to 2 cups and salt to 1/4 teaspoon. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:5.77, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:9.8834782139115%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 296.67kcal (14.83%), Fat: 21.76g (33.47%), Saturated Fat: 3.94g (24.62%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.54g (0.6%), Cholesterol: 61.83mg (20.61%), Sodium: 462.5mg (20.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Vitamin K: 38.86µg (37.01%), Selenium: 23.72µg (33.89%), Vitamin B3: 5.94mg (29.7%), Vitamin B6: 0.46mg (22.93%), Phosphorus: 175.73mg (17.57%), Vitamin C: 8.71mg (10.56%), Zinc: 1.51mg (10.07%), Vitamin B12: 0.59µg (9.76%), Potassium: 275.33mg (7.87%), Vitamin B5: 0.72mg (7.17%), Vitamin E: 1.07mg (7.12%), Vitamin B2: 0.1mg (6.11%), Magnesium: 22.57mg (5.64%), Iron: 0.92mg (5.11%), Vitamin A: 236.59IU (4.73%), Copper: 0.05mg (2.58%), Vitamin B1: 0.04mg (2.41%), Folate: 7.79µg (1.95%), Manganese: 0.03mg (1.49%), Fiber: 0.35g (1.39%), Calcium: 13.45mg (1.35%)