



Chicken Salad



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breasts raw boneless skinless cooked cut into 2 1/2-inch chunks (or 2 to 3 cups chicken meat) ()
- ☐ 2 stalks celery chopped
- ☐ 0.5 bell pepper red seeded chopped
- ☐ 4 to 6 olives green minced pitted
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 to 1 apple whole cored chopped
- ☐ 0.3 head iceberg head lettuce sliced chopped
- ☐ 5 tablespoons mayonnaise

- ☐ 1 tablespoon plum preserves sweet or any berry preserve (or a lesser amount of honey)
- ☐ 2 teaspoons squeezed lemon juice fresh
- ☐ 4 servings salt and pepper to taste

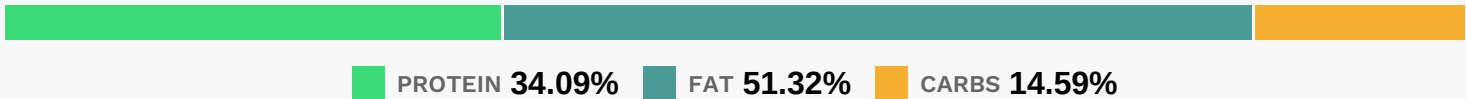
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Poach the chicken (skip if using already cooked chicken): Bring a pot with 2 quarts of well salted water (1 tablespoon salt) to a boil.
- ☐ Add the chicken breast (cut into large chunks) and return the water to a simmer. Then turn off the heat, and cover the pot.
- ☐ Let the chicken sit for 15 minutes (time it) or more while you prepare everything else.
- ☐ Make the dressing: Prepare the chicken salad dressing in a large bowl.
- ☐ Mix together the mayonnaise, preserves, and lemon juice. Taste for the proper balance of sweetness and acidity. The salad dressing should not be too sweet, nor too sour.
- ☐ Add more preserves or lemon juice until you have reached the balance you want.
- ☐ Add salt and pepper to taste.
- ☐ Mix in the chopped celery, bell pepper, olives, red onion, and apple.
- ☐ Dice the chicken, mix with dressing and vegetables:
- ☐ Remove the chicken from the poaching water and dice it. (Or dice already cooked chicken if that is what you are using for this salad.)
- ☐ Mix it in with the dressing and vegetables.
- ☐ Add lettuce: At this point you can make ahead. When ready to serve, fold in the sliced and chopped iceberg lettuce.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:17.349130433539%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg, Apigenin: 0.63mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 297.31kcal (14.87%), Fat: 16.84g (25.91%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 8.69g (3.16%), Sugar: 7.18g (7.97%), Cholesterol: 79.92mg (26.64%), Sodium: 522.2mg (22.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Vitamin B3: 12.14mg (60.69%), Selenium: 37.02µg (52.88%), Vitamin B6: 0.95mg (47.62%), Vitamin K: 46.76µg (44.54%), Vitamin C: 25.47mg (30.88%), Phosphorus: 266.17mg (26.62%), Vitamin B5: 1.81mg (18.15%), Potassium: 616.88mg (17.63%), Vitamin A: 854.77IU (17.1%), Magnesium: 39.72mg (9.93%), Vitamin B2: 0.17mg (9.71%), Vitamin E: 1.36mg (9.1%), Folate: 36.23µg (9.06%), Fiber: 2.08g (8.33%), Vitamin B1: 0.12mg (7.71%), Manganese: 0.14mg (6.77%), Zinc: 0.85mg (5.65%), Iron: 0.84mg (4.67%), Vitamin B12: 0.25µg (4.13%), Copper: 0.08mg (3.75%), Calcium: 31.21mg (3.12%)