



## Chicken Salad Bowls for Two

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup cashew pieces
- 1.8 cups chicken (from deli)
- 2 biscuits frozen buttermilk or southern style pillsbury®
- 0.5 cup grapes red seedless halved

### Equipment

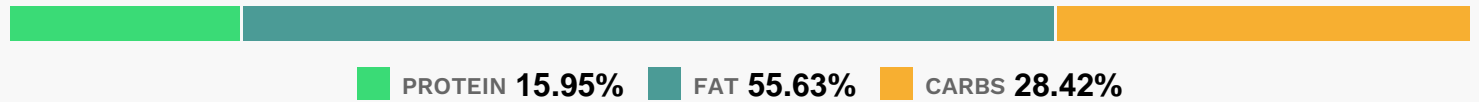
- bowl
- baking sheet
- oven

- wire rack
- microwave

## Directions

- Heat oven to 375°F. Spray outsides of 2 (10-oz) custard cups with cooking spray.
- Place bottoms up on cookie sheet with sides.
- Place frozen biscuits on microwavable plate. Microwave uncovered on High 15 seconds; turn over, and microwave about 10 seconds longer or until biscuits are softened. Spray work surface lightly with cooking spray. On surface, press each biscuit into 5-inch round.
- Place 1 biscuit on outside bottom surface of each custard cup. Gently press and stretch dough about two-thirds of the way down side of each cup.
- Bake 14 to 16 minutes or until golden brown. Cool 5 minutes; remove baked dough from cups.
- Place on cooling rack, right side up; cool 15 minutes.
- In medium bowl, mix chicken salad, grapes and 1/3 cup of the cashews. Divide mixture evenly between bread bowls; sprinkle with remaining cashews.

## Nutrition Facts



## Properties

Glycemic Index:68.1, Glycemic Load:13.46, Inflammation Score:-5, Nutrition Score:14.99652181501%

## Nutrients (% of daily need)

Calories: 404.98kcal (20.25%), Fat: 25.8g (39.7%), Saturated Fat: 5.25g (32.8%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 27.91g (10.15%), Sugar: 8.7g (9.66%), Cholesterol: 35.87mg (11.96%), Sodium: 292.19mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.3%), Copper: 0.8mg (40.05%), Phosphorus: 384.66mg (38.47%), Manganese: 0.68mg (33.77%), Magnesium: 110.89mg (27.72%), Selenium: 18.37µg (26.24%), Vitamin B3: 4.55mg (22.73%), Vitamin B1: 0.31mg (20.42%), Iron: 3.61mg (20.05%), Zinc: 2.64mg (17.61%), Vitamin K: 18.33µg (17.45%), Vitamin B6: 0.35mg (17.29%), Potassium: 435.13mg (12.43%), Vitamin B2: 0.18mg (10.64%), Vitamin B5: 0.81mg (8.1%), Folate: 30.57µg (7.64%), Fiber: 1.75g (7.02%), Vitamin E: 0.86mg (5.74%), Calcium: 34.16mg (3.42%), Vitamin B12: 0.18µg (3.08%), Vitamin C: 2.13mg (2.58%), Vitamin A: 91.9IU (1.84%)