



## Chicken Salad Croissants

READY IN



15 min.

SERVINGS



15

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups meat from a rotisserie chicken cooked chopped
- 20 croissants
- 0.3 tsp tarragon fresh
- 1 cup mayonnaise
- 0.8 cup pecans toasted coarsely chopped
- 1 teaspoon pepper
- 1 cup grapes green red seedless
- 1 leaf lettuce red
- 1 teaspoon salt

- 1 cup cup heavy whipping cream sour
- 15 servings tarragon sprigs fresh

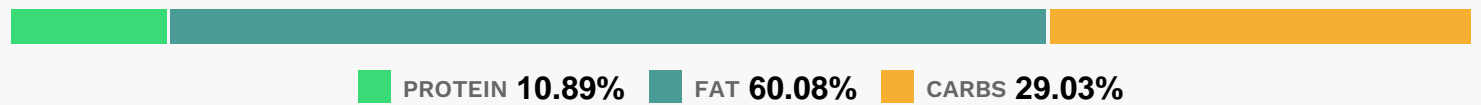
## Equipment

- bowl
- skewers

## Directions

- Stir together mayonnaise and next 4 ingredients in a large bowl.
- Add chicken, grapes, and chopped pecans, tossing to coat. Cover and chill at least 30 minutes.
- Cut a slit horizontally on 1 side of each croissant; fill evenly with lettuce and chicken salad. Skewer sandwiches with fresh tarragon sprigs to hold together.

## Nutrition Facts



## Properties

Glycemic Index:25.13, Glycemic Load:23.18, Inflammation Score:-6, Nutrition Score:13.083043573343%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 531.82kcal (26.59%), Fat: 35.62g (54.8%), Saturated Fat: 13.03g (81.42%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 36.07g (13.12%), Sugar: 10.96g (12.18%), Cholesterol: 87.24mg (29.08%), Sodium: 568.37mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Selenium: 25.3µg (36.15%), Manganese: 0.59mg (29.4%), Vitamin K: 27.93µg (26.6%), Vitamin B1: 0.36mg (23.96%), Vitamin B3: 4.06mg (20.28%), Folate: 74.23µg (18.56%), Phosphorus: 167.6mg (16.76%), Vitamin B2: 0.28mg (16.5%), Vitamin A: 738.1IU (14.76%), Iron: 2.43mg (13.52%), Fiber: 2.66g (10.63%), Vitamin B5: 1.05mg (10.54%), Vitamin B6: 0.21mg (10.54%),

Zinc: 1.34mg (8.95%), Vitamin E: 1.28mg (8.52%), Copper: 0.16mg (8.18%), Magnesium: 30.25mg (7.56%), Potassium: 249.04mg (7.12%), Calcium: 65.11mg (6.51%), Vitamin B12: 0.25µg (4.22%), Vitamin C: 1.19mg (1.45%)