



Chicken Salad Croissants

 Dairy Free

READY IN



84 min.

SERVINGS



2

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound chicken breast halves boneless skinless
- 0.3 cup ranch dressing
- 0.5 teaspoon mustard yellow
- 0.3 cup cucumber chopped
- 0.3 cup tomatoes chopped
- 2 tablespoons cashew pieces chopped
- 2 croissants split
- 1 tablespoon salad dressing

1 serving lettuce

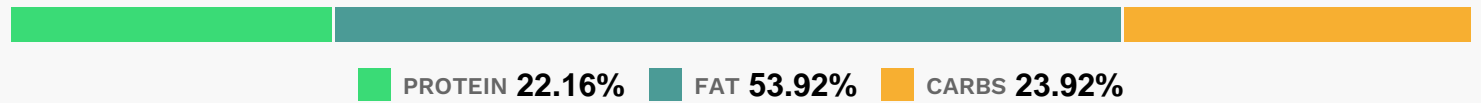
Equipment

microwave

Directions

- Arrange chicken, thickest parts to outside edge, in 2-cup microwavable casserole or on microwavable plate. Cover tightly and microwave on High 3 to 4 minutes or until juice is no longer pink when centers of thickest pieces are cut. Uncover and refrigerate about 10 minutes or until cool enough to handle.
- Cut chicken into 1/4-inch pieces. Toss chicken, dressing, mustard, cucumber, tomato and cashews. Cover and refrigerate about 1 hour or until chilled.
- Just before serving, spread cut sides of croissant halves with butter.
- Spread chicken mixture over bottoms of croissants; top with lettuce and tops of croissants.

Nutrition Facts



Properties

Glycemic Index:104.6, Glycemic Load:17.66, Inflammation Score:-7, Nutrition Score:23.84478239132%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 574.13kcal (28.71%), Fat: 34.29g (52.75%), Saturated Fat: 10.4g (65.02%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 31.47g (11.45%), Sugar: 10.81g (12.01%), Cholesterol: 118.56mg (39.52%), Sodium: 710.9mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Selenium: 52.89µg (75.56%), Vitamin B3: 13.39mg (66.93%), Vitamin K: 62.19µg (59.23%), Vitamin B6: 0.98mg (49.03%), Phosphorus: 432.35mg (43.23%), Vitamin B5: 2.53mg (25.33%), Vitamin B1: 0.37mg (24.97%), Manganese: 0.48mg (23.98%), Potassium: 709.28mg (20.27%), Magnesium: 77.41mg (19.35%), Folate: 76.51µg (19.13%), Vitamin B2: 0.3mg (17.78%), Vitamin A:

863.41IU (17.27%), Copper: 0.34mg (16.88%), Iron: 2.64mg (14.68%), Zinc: 1.85mg (12.36%), Vitamin E: 1.79mg (11.96%), Fiber: 2.74g (10.96%), Vitamin C: 5.89mg (7.14%), Vitamin B12: 0.37μg (6.15%), Calcium: 52.76mg (5.28%)