



Chicken Salad I

 **Gluten Free**  **Dairy Free**

READY IN



145 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce peas drained canned
- 6 potatoes
- 1.5 pounds roasted chicken boneless skinless
- 16 ounce creamy salad dressing
- 8 servings salt and pepper to taste
- 3 large tomatoes sliced
- 15 ounce kernel corn whole drained canned

Equipment

mixing bowl

pot

Directions

Bring a large pot of salted water to a boil.

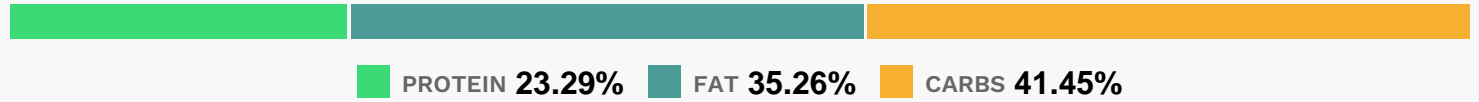
Add potatoes; cook until tender but still firm, about 15 minutes.

Drain, cool and chop.

In a mixing bowl, combine the potatoes, chicken, peas and corn.

Add enough salad dressing to coat, mix well. Top with sliced tomatoes, cover and refrigerate for 2 hours. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.22, Glycemic Load:21.13, Inflammation Score:-8, Nutrition Score:23.216956698376%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 483.57kcal (24.18%), Fat: 18.9g (29.07%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 49.98g (16.66%), Net Carbohydrates: 43.89g (15.96%), Sugar: 10.87g (12.07%), Cholesterol: 63.79mg (21.26%), Sodium: 1018.58mg (44.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.18%), Vitamin C: 46.1mg (55.88%), Vitamin B3: 9.81mg (49.05%), Vitamin K: 51.18µg (48.74%), Vitamin B6: 0.95mg (47.27%), Potassium: 1194.73mg (34.14%), Phosphorus: 334.52mg (33.45%), Selenium: 23.23µg (33.18%), Vitamin A: 1439.74IU (28.79%), Manganese: 0.5mg (24.83%), Fiber: 6.09g (24.35%), Magnesium: 80.9mg (20.22%), Iron: 3.41mg (18.95%), Vitamin B1: 0.27mg (17.74%), Folate: 68.22µg (17.06%), Copper: 0.34mg (17.06%), Zinc: 2.44mg (16.29%), Vitamin B5: 1.41mg (14.09%), Vitamin B2: 0.21mg (12.34%), Vitamin E: 1.64mg (10.91%), Calcium: 55.39mg (5.54%), Vitamin B12: 0.25µg (4.11%)