



Chicken Salad in Toast Cups

READY IN



110 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds skin-on chicken breasts bone-in
- ☐ 2 celery stalks chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 1 cup grapes red seedless sliced in half
- ☐ 2 tablespoons butter unsalted melted

☐ 6 slices wheat bread soft

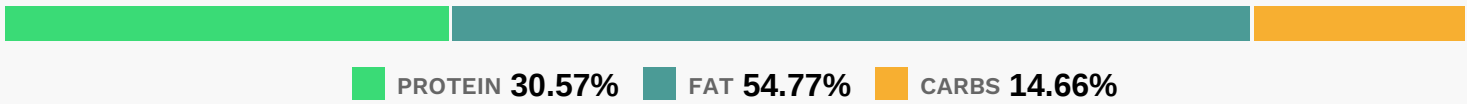
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Line a baking sheet with foil.
- ☐ Press each slice of bread into the cup of a muffin tin.
- ☐ Brush with the melted butter.
- ☐ Bake until golden and crisp, 5 to 7 minutes.
- ☐ Place the chicken on the prepared baking sheet.
- ☐ Drizzle lightly with the olive oil and sprinkle with salt and pepper. Roast until golden and completely cooked through, about 50 minutes. Cool completely.
- ☐ Remove the skin from the chicken. Shred the meat with a fork and then roughly chop.
- ☐ Add to a bowl with the grapes, mayonnaise, chives, lemon juice, celery, and salt and pepper to taste and mix well. Divide the chicken salad among the toast cups.

Nutrition Facts



Properties

Glycemic Index:45.78, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:18.046521591104%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 467.2kcal (23.36%), Fat: 28.14g (43.29%), Saturated Fat: 8.06g (50.35%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 14.96g (5.44%), Sugar: 5.27g (5.86%), Cholesterol: 110.72mg (36.91%), Sodium: 282.72mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.67%), Vitamin B3: 16.28mg (81.42%), Selenium: 32.63µg (46.61%), Vitamin B6: 0.89mg (44.39%), Phosphorus: 331.75mg (33.17%), Manganese: 0.66mg (33.09%), Vitamin K: 25.49µg (24.27%), Magnesium: 62.15mg (15.54%), Vitamin B1: 0.22mg (14.99%), Vitamin B5: 1.45mg (14.52%), Potassium: 463.19mg (13.23%), Vitamin B2: 0.2mg (11.67%), Zinc: 1.75mg (11.65%), Iron: 1.99mg (11.05%), Vitamin E: 1.37mg (9.11%), Vitamin B12: 0.53µg (8.89%), Copper: 0.16mg (8.02%), Fiber: 1.98g (7.93%), Calcium: 68.67mg (6.87%), Vitamin A: 315.79IU (6.32%), Folate: 20.8µg (5.2%), Vitamin D: 0.69µg (4.62%), Vitamin C: 2.07mg (2.51%)