



Chicken Salad Pies

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



327 kcal

Ingredients

- 1 cup celery chopped
- 4 cups meat from a rotisserie chicken cooked chopped
- 2 hard-cooked eggs chopped
- 2 hard-cooked eggs quartered
- 2 tablespoons juice of lemon
- 1 cup mayonnaise
- 0.3 cup onion finely chopped
- 0.5 cup pecans chopped
- 10 servings cheese pastry shells

- 0.5 teaspoon salt
- 10 servings watercress

Equipment

Directions

- Combine chicken, celery, pecans, onion, and chopped eggs; toss gently. Stir in lemon juice and salt. Cover and chill. When ready to serve, stir in mayonnaise. Spoon evenly into Cheese Pastry Shells.
- Garnish with egg quarters and watercress.

Nutrition Facts

PROTEIN 22.28% **FAT 74.2%** **CARBS 3.52%**

Properties

Glycemic Index:20.7, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:15.700000016586%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 327.42kcal (16.37%), Fat: 26.96g (41.47%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.02g (1.14%), Cholesterol: 126.01mg (42%), Sodium: 350.01mg (15.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.22g (36.43%), Vitamin K: 124.9µg (118.95%), Selenium: 21.27µg (30.39%), Vitamin A: 1275.13IU (25.5%), Vitamin B3: 4.64mg (23.2%), Vitamin C: 16.45mg (19.94%), Phosphorus:

186.54mg (18.65%), Manganese: 0.37mg (18.28%), Vitamin B6: 0.32mg (16.24%), Vitamin B2: 0.25mg (14.54%),
Vitamin B5: 1.05mg (10.49%), Potassium: 328.29mg (9.38%), Zinc: 1.41mg (9.37%), Vitamin E: 1.39mg (9.3%), Vitamin
B1: 0.13mg (8.36%), Magnesium: 29.57mg (7.39%), Copper: 0.14mg (6.86%), Vitamin B12: 0.41µg (6.85%), Calcium:
68.44mg (6.84%), Iron: 1.23mg (6.81%), Folate: 22.75µg (5.69%), Fiber: 0.95g (3.79%), Vitamin D: 0.48µg (3.23%)