



## Chicken Salad Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup carrots diced
- 0.5 cup celery diced
- 1 teaspoon celery salt
- 1 teaspoon sea salt
- 0.5 cup mayonnaise with olive oil
- 1 pinch paprika
- 6 servings pepper freshly ground
- 0.3 cup onion diced red

- 2 cups rotisserie chicken cut skinless chopped
- 6 sourdough rolls whole-wheat split toasted for topping
- 2 tablespoons mustard yellow

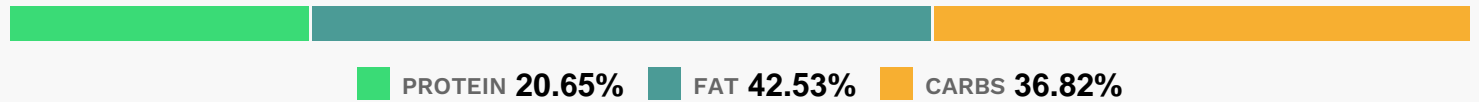
## Equipment

- bowl

## Directions

- Combine the chicken, celery, carrot, red onion, mayonnaise, mustard, celery salt, granulated garlic, paprika and 1 teaspoon pepper in a bowl.
- Mix until combined.
- Serve the chicken salad on the toasted rolls with lettuce and tomato.
- Photograph by Yunhee Kim

## Nutrition Facts



## Properties

Glycemic Index:52.14, Glycemic Load:23.5, Inflammation Score:-7, Nutrition Score:10.949130415916%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 381.89kcal (19.09%), Fat: 18.01g (27.71%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 35.09g (11.7%), Net Carbohydrates: 33.25g (12.09%), Sugar: 5.35g (5.94%), Cholesterol: 49.37mg (16.46%), Sodium: 1025.09mg (44.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.67g (39.34%), Iron: 11.09mg (61.64%), Vitamin K: 34.12µg (32.5%), Vitamin A: 1258.79IU (25.18%), Selenium: 17.55µg (25.08%), Vitamin B3: 4.8mg (24.01%), Phosphorus: 138.15mg (13.82%), Vitamin B6: 0.19mg (9.61%), Vitamin B5: 0.78mg (7.77%), Fiber: 1.84g (7.36%), Potassium: 214.74mg (6.14%), Vitamin E: 0.79mg (5.27%), Vitamin B2: 0.08mg (4.84%), Magnesium: 17.98mg (4.5%), Vitamin B1: 0.06mg (4.23%), Manganese: 0.08mg (3.92%), Zinc: 0.55mg (3.64%), Folate: 12.75µg (3.19%), Calcium:

26.44mg (2.64%), Vitamin B12: 0.15µg (2.55%), Copper: 0.04mg (2.04%), Vitamin C: 1.36mg (1.65%)