



Chicken Salad Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups roasted chicken cooked chopped
- 0.5 cup celery chopped
- 0.3 cup onion finely chopped
- 0.5 cup salad dressing
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 8 slices bread

Equipment

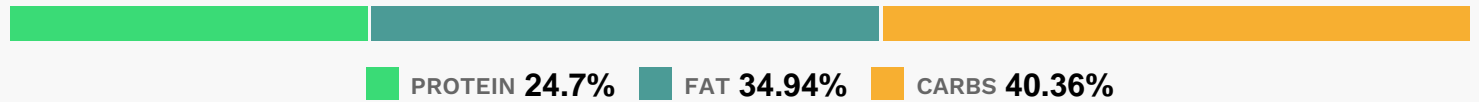
bowl

Directions

In medium bowl, mix all ingredients except bread.

Spread mixture on 4 bread slices. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:14.64, Inflammation Score:-4, Nutrition Score:13.454347698585%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 319.03kcal (15.95%), Fat: 12.25g (18.85%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 29.15g (10.6%), Sugar: 7.12g (7.91%), Cholesterol: 39.38mg (13.13%), Sodium: 751.95mg (32.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.98%), Selenium: 29.75µg (42.51%), Vitamin B3: 7.36mg (36.82%), Manganese: 0.73mg (36.6%), Vitamin K: 23.15µg (22.05%), Vitamin B1: 0.28mg (18.5%), Phosphorus: 184.54mg (18.45%), Vitamin B6: 0.32mg (16.1%), Iron: 2.79mg (15.52%), Folate: 57.32µg (14.33%), Vitamin B2: 0.23mg (13.49%), Fiber: 2.7g (10.8%), Vitamin B5: 1.02mg (10.19%), Zinc: 1.44mg (9.61%), Magnesium: 38.39mg (9.6%), Calcium: 88.88mg (8.89%), Potassium: 277.84mg (7.94%), Copper: 0.13mg (6.49%), Vitamin E: 0.79mg (5.25%), Vitamin B12: 0.15µg (2.54%), Vitamin C: 1.61mg (1.95%), Vitamin A: 90.86IU (1.82%)