



Chicken Salad Sliders

 Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

12

CALORIES

calories

324 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup celery diced finely
- ☐ 3.5 cups meat from a rotisserie chicken diced cooked finely
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 0.3 cup slivered almonds
- ☐ 12 slider rolls mini

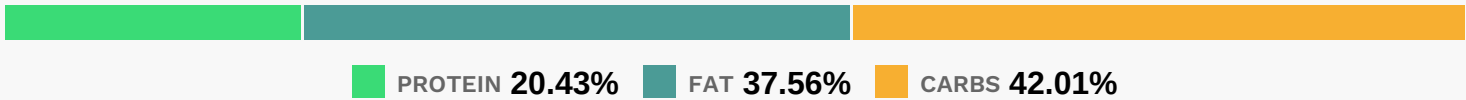
Equipment

☐ bowl

Directions

- ☐ In a small bowl, combine the lemon juice, mayonnaise and salt. Toss with the chicken, celery, and almonds in a medium bowl.
- ☐ Serve on mini slider rolls.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:23.07, Inflammation Score:-1, Nutrition Score:8.1900000361645%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 324.42kcal (16.22%), Fat: 13.41g (20.63%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 32.12g (11.68%), Sugar: 4.69g (5.21%), Cholesterol: 34.54mg (11.51%), Sodium: 583.02mg (25.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Iron: 11.31mg (62.84%), Vitamin K: 17.95µg (17.1%), Vitamin B3: 3.36mg (16.79%), Selenium: 10.43µg (14.9%), Phosphorus: 97.27mg (9.73%), Vitamin B6: 0.18mg (9.01%), Vitamin E: 1.1mg (7.35%), Fiber: 1.62g (6.5%), Vitamin B2: 0.1mg (5.97%), Manganese: 0.11mg (5.34%), Zinc: 0.74mg (4.95%), Vitamin B5: 0.45mg (4.53%), Magnesium: 18.13mg (4.53%), Potassium: 144.08mg (4.12%), Copper: 0.06mg (3.08%), Calcium: 24.48mg (2.45%), Vitamin B1: 0.03mg (2.33%), Vitamin B12: 0.13µg (2.16%), Folate: 7.39µg (1.85%), Vitamin C: 1.23mg (1.49%), Vitamin A: 61.69IU (1.23%)