



Chicken Salad with Apples

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 apples chopped
- 0.3 tsp pepper black
- 2 stalks celery finely chopped
- 3 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup knudsen cream sour
- 2 green onions sliced
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup planters walnuts toasted chopped

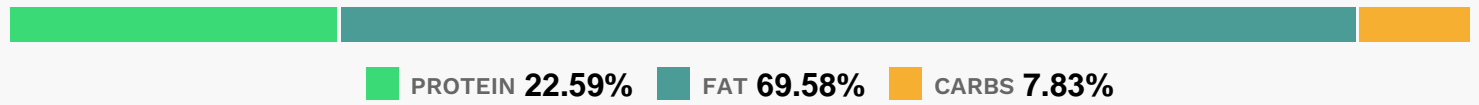
Equipment

bowl

Directions

- Mix first 3 ingredients until blended.
- Combine remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:4.4643478487497%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 138.28kcal (6.91%), Fat: 10.76g (16.56%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.04g (0.74%), Sugar: 1.65g (1.83%), Cholesterol: 26.4mg (8.8%), Sodium: 74.33mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.72%), Vitamin K: 17.53µg (16.69%), Vitamin B3: 2.29mg (11.45%), Selenium: 7.43µg (10.61%), Manganese: 0.16mg (7.77%), Phosphorus: 74.99mg (7.5%), Vitamin B6: 0.15mg (7.4%), Copper: 0.09mg (4.35%), Zinc: 0.59mg (3.92%), Vitamin B2: 0.06mg (3.67%), Magnesium: 14.07mg (3.52%), Vitamin B5: 0.34mg (3.42%), Potassium: 119.31mg (3.41%), Iron: 0.52mg (2.9%), Fiber: 0.69g (2.75%), Vitamin B1: 0.04mg (2.42%), Folate: 9.14µg (2.28%), Vitamin E: 0.33mg (2.21%), Vitamin A: 87.63IU (1.75%), Vitamin B12: 0.1µg (1.64%), Calcium: 15.81mg (1.58%), Vitamin C: 1.11mg (1.34%)