



Chicken Salad with Apples, Grapes, and Spicy Pecans



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery chopped
- ☐ 5 chicken breast halves cooked cut into bite-size pieces (6 cups)
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup fruit chutney
- ☐ 1 cup mayonnaise
- ☐ 1 cup spicy pecans

- ☐ 6 servings pepper freshly ground to taste
- ☐ 1 cup grapes red seedless cut in half
- ☐ 6 servings sea salt to taste
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith or pippin, peeled and chopped (1 1/4 cups)

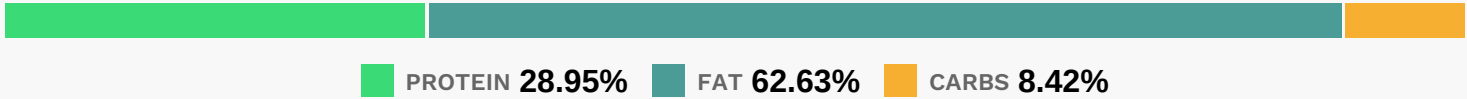
Equipment

- ☐ bowl

Directions

- ☐ Stir together first 3 ingredients in a medium bowl.
- ☐ Add chicken pieces and next 6 ingredients, and gently toss.
- ☐ Sprinkle with Spicy Pecans, and serve immediately, or cover and chill up to 3 days.
- ☐ *For testing purposes, we used Crosse & Blackwell's Genuine Major Grey's Chutney.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:3.4, Inflammation Score:-6, Nutrition Score:25.419130418612%

Flavonoids

Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg, Cyanidin: 2.25mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg, Epicatechin: 2.42mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg, Apigenin: 5.87mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 649.71kcal (32.49%), Fat: 45.24g (69.61%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 13.68g (4.56%), Net Carbohydrates: 10.39g (3.78%), Sugar: 9.35g (10.39%), Cholesterol: 137.51mg (45.84%), Sodium: 608.11mg (26.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.05g (94.1%), Vitamin K: 112.83µg (107.45%), Vitamin B3: 20.08mg (100.38%), Selenium: 42.85µg (61.21%), Vitamin B6: 0.95mg (47.59%), Manganese: 0.86mg (42.8%), Phosphorus: 400.95mg (40.09%), Magnesium: 71.35mg (17.84%), Potassium: 597.85mg (17.08%), Vitamin B5: 1.69mg (16.93%), Copper: 0.34mg (16.88%), Vitamin B1: 0.25mg (16.79%), Zinc: 2.36mg (15.72%), Vitamin B2: 0.24mg (13.84%), Vitamin E: 2.03mg (13.52%), Iron: 2.42mg (13.46%), Fiber: 3.29g (13.15%), Vitamin B12: 0.53µg (8.87%), Vitamin A: 416.7IU (8.33%), Vitamin C: 6.47mg (7.84%), Folate: 23.07µg (5.77%), Calcium: 54.76mg (5.48%), Vitamin D: 0.22µg (1.45%)