



## Chicken Salad with Apples, Grapes, and Walnuts

 Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 stalks celery chopped
- ☐ 4 chicken breasts shredded cooked
- ☐ 2 granny smith apples cut into small chunks
- ☐ 3 tablespoons juice of lemon
- ☐ 5 tablespoons mayonnaise
- ☐ 25 grapes red seedless halved
- ☐ 0.5 onion red chopped

- ☐ 5 tablespoons creamy salad dressing miracle whip® (such as )
- ☐ 0.5 cup vanilla yogurt
- ☐ 2 cups walnuts chopped to taste

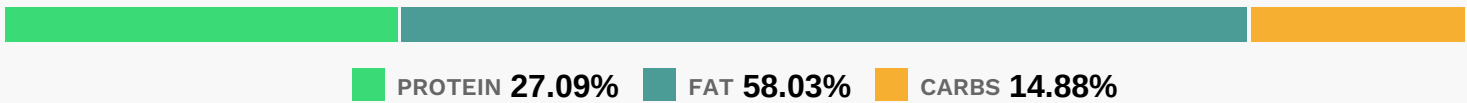
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Toss shredded chicken, apple chunks, walnuts, red onion, celery, and lemon juice together in a large bowl.
- ☐ Whisk vanilla yogurt, salad dressing, and mayonnaise together in a separate bowl; pour over the chicken mixture and stir to coat. Gently fold the grapes into the salad.

## Nutrition Facts



## Properties

Glycemic Index:17.25, Glycemic Load:2.36, Inflammation Score:-4, Nutrition Score:12.513043511173%

## Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 311.49kcal (15.57%), Fat: 20.58g (31.66%), Saturated Fat: 2.73g (17.08%), Carbohydrates: 11.87g (3.96%),  
Net Carbohydrates: 9.5g (3.45%), Sugar: 7.77g (8.64%), Cholesterol: 51.69mg (17.23%), Sodium: 153.25mg (6.66%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.24%), Vitamin B3: 8.19mg (40.93%), Manganese:  
0.71mg (35.64%), Selenium: 17.61µg (25.15%), Vitamin B6: 0.49mg (24.68%), Phosphorus: 223.52mg (22.35%),  
Copper: 0.37mg (18.45%), Vitamin K: 18.62µg (17.73%), Magnesium: 53.45mg (13.36%), Potassium: 350.1mg (10%),  
Fiber: 2.38g (9.51%), Zinc: 1.32mg (8.77%), Vitamin B1: 0.13mg (8.67%), Vitamin B2: 0.14mg (8.17%), Vitamin B5:  
0.79mg (7.9%), Folate: 29.16µg (7.29%), Iron: 1.3mg (7.25%), Calcium: 54.53mg (5.45%), Vitamin C: 4.19mg (5.08%),  
Vitamin E: 0.72mg (4.8%), Vitamin B12: 0.26µg (4.27%), Vitamin A: 94.69IU (1.89%)