



Chicken Salad With Bacon and Red Grapes



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 slices bacon
- ☐ 8 ounce water chestnuts minced drained canned
- ☐ 0.3 cup celery thinly sliced
- ☐ 3 cups meat from a rotisserie chicken diced cooked
- ☐ 4 teaspoons parsley flakes dried
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 2.5 teaspoons juice of lime

- ☐ 1.5 cups mayonnaise
- ☐ 1.5 teaspoons onion powder
- ☐ 1.5 cups grapes red seedless halved
- ☐ 1 dash worcestershire sauce

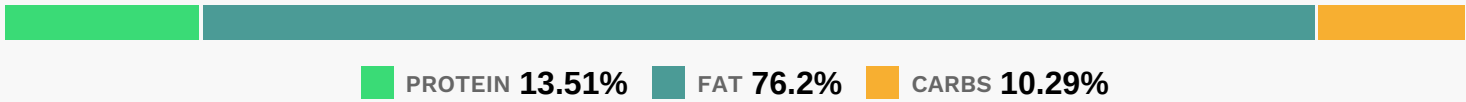
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes.
- ☐ Drain bacon slices on a paper towel-lined plate and allow to cool; crumble.
- ☐ Mix cooked chicken, crumbled bacon, water chestnuts, celery, and red grapes in a large salad bowl.
- ☐ Whisk mayonnaise, dried parsley, lime juice, onion powder, ground ginger, Worcestershire sauce, salt, and black pepper together to make a smooth dressing.
- ☐ Pour dressing over chicken mixture and stir to coat.
- ☐ Cover the bowl and refrigerate until cold, at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:3.18, Inflammation Score:-3, Nutrition Score:13.951304176579%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg Luteolin:

0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 603.05kcal (30.15%), Fat: 51.02g (78.49%), Saturated Fat: 9.32g (58.26%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 13.46g (4.9%), Sugar: 7.77g (8.64%), Cholesterol: 83.28mg (27.76%), Sodium: 492.52mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.72%), Vitamin K: 99.24µg (94.52%), Vitamin B3: 6.29mg (31.43%), Selenium: 21.37µg (30.53%), Vitamin B6: 0.46mg (22.82%), Phosphorus: 184.63mg (18.46%), Vitamin E: 2.28mg (15.17%), Zinc: 1.57mg (10.44%), Potassium: 359.89mg (10.28%), Vitamin B2: 0.17mg (9.92%), Iron: 1.76mg (9.75%), Vitamin B5: 0.96mg (9.6%), Manganese: 0.19mg (9.53%), Copper: 0.17mg (8.5%), Fiber: 2.03g (8.13%), Vitamin B1: 0.12mg (7.73%), Magnesium: 24.26mg (6.06%), Vitamin B12: 0.33µg (5.42%), Vitamin C: 2.94mg (3.57%), Folate: 12.67µg (3.17%), Calcium: 24.94mg (2.49%), Vitamin A: 116.04IU (2.32%), Vitamin D: 0.16µg (1.04%)