



WHATSheATE



HEALTH SCORE

52%

Chicken Salad with Dried Cranberries



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



1250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 ribs celery chopped
- ☐ 2 roasted chickens store-bought (4 lb. total)
- ☐ 0.5 cup cranberries dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 apples green cored chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 cups mayonnaise

- ☐ 1 apples red cored chopped
- ☐ 1 cup walnuts toasted chopped
- ☐ 2 small bunches watercress

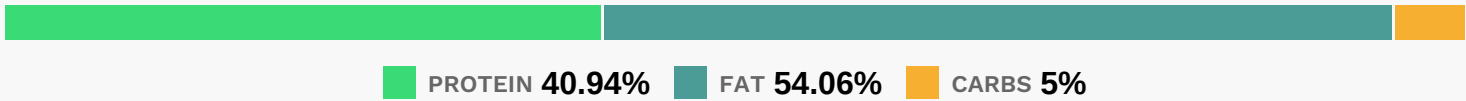
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, stir together mayonnaise, apples, celery, 1/2 cup walnuts, cranberries, parsley, salt and pepper.
- ☐ Tear chicken into chunks, discarding skin and bones. Stir into apple mixture. (Salad may be KITCHEN TIPS prepared up to 6 hours ahead.)
- ☐ To serve, line a bowl with watercress or arrange on a platter and top with chicken salad.
- ☐ Sprinkle remaining 1/2 cup walnuts over chicken.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:47.106521793034%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 5.67mg, Apigenin: 5.67mg, Apigenin: 5.67mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 1250.28kcal (62.51%), Fat: 73.9g (113.69%), Saturated Fat: 14.32g (89.53%), Carbohydrates: 15.37g (5.12%), Net Carbohydrates: 12.64g (4.6%), Sugar: 11.09g (12.32%), Cholesterol: 369.23mg (123.08%), Sodium: 780.47mg (33.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 125.91g (251.82%), Selenium: 154.1µg (220.15%), Vitamin B6: 4.26mg (212.89%), Vitamin B1: 2.5mg (166.65%), Vitamin B3: 31.84mg (159.19%), Vitamin K: 137.91µg (131.34%), Phosphorus: 1306.76mg (130.68%), Zinc: 10.48mg (69.87%), Vitamin B2: 1.08mg (63.6%), Potassium: 2221.95mg (63.48%), Vitamin B12: 2.87µg (47.76%), Vitamin B5: 4.35mg (43.48%), Magnesium: 171.43mg (42.86%), Manganese: 0.6mg (30.04%), Copper: 0.59mg (29.34%), Iron: 3.77mg (20.96%), Vitamin E: 2.94mg (19.62%), Vitamin D: 2.31µg (15.38%), Fiber: 2.73g (10.93%), Vitamin C: 6.04mg (7.32%), Vitamin A: 327.71IU (6.55%), Folate: 25.93µg (6.48%), Calcium: 57.78mg (5.78%)