



Chicken Salad with Grapes and Apples

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup meat from a rotisserie chicken cubed cooked
- 1 gala apple diced
- 0.3 teaspoon garlic powder
- 1 cup grapes halved
- 0.1 teaspoon ground pepper black
- 1 tablespoon dijon honey mustard
- 2 tablespoons mayonnaise
- 0.3 cup onion diced red

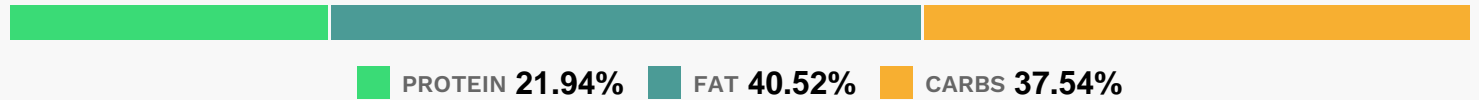
Equipment

bowl

Directions

Mix mayonnaise, chicken, grapes, apple, onion, honey mustard, garlic powder, and black pepper in a bowl.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:4.96, Inflammation Score:-2, Nutrition Score:5.4234782444394%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg 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, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, 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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 169.37kcal (8.47%), Fat: 7.71g (11.86%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 14.38g (5.23%), Sugar: 11.94g (13.27%), Cholesterol: 29.19mg (9.73%), Sodium: 91.32mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.79%), Vitamin K: 18.08µg (17.22%), Vitamin B3: 2.89mg (14.44%), Selenium: 8.92µg (12.75%), Vitamin B6: 0.21mg (10.72%), Phosphorus: 85.97mg (8.6%), Fiber: 1.69g (6.76%), Potassium: 224.87mg (6.42%), Vitamin B2: 0.09mg (5.59%), Vitamin C: 4.29mg (5.2%), Copper: 0.09mg (4.43%), Vitamin B1: 0.06mg (4.21%), Vitamin B5: 0.42mg (4.18%), Zinc: 0.62mg (4.11%), Manganese: 0.08mg (3.81%), Iron: 0.67mg (3.74%), Magnesium: 13.92mg (3.48%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.11µg (1.83%), Folate: 6.85µg (1.71%), Calcium: 14.76mg (1.48%), Vitamin A: 68.99IU (1.38%)