



Chicken Salad With Grapes and Pecans

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds skinned and boned chicken breasts cooked chopped
- 0.5 cup cup heavy whipping cream sour
- 1 tablespoon juice of lemon fresh
- 0.5 cup mayonnaise
- 1 cup pecans toasted chopped
- 0.5 teaspoon pepper
- 3 cups grapes white red seedless halved
- 1 teaspoon salt

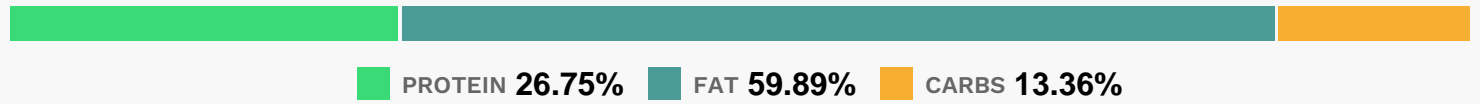
Equipment

bowl

Directions

- Stir together 1/2 cup mayonnaise and next 4 ingredients in a large bowl.
- Add chopped chicken and grapes, tossing gently to coat. Cover and chill at least 1 hour. Stir in pecans just before serving.
- Serve in stemware lined with lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:9.19, Inflammation Score:-6, Nutrition Score:33.009565234184%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 773.77kcal (38.69%), Fat: 52.21g (80.33%), Saturated Fat: 9.22g (57.6%), Carbohydrates: 26.2g (8.73%), Net Carbohydrates: 22.49g (8.18%), Sugar: 19.87g (22.08%), Cholesterol: 173.87mg (57.96%), Sodium: 1033.52mg (44.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.47g (104.94%), Vitamin B3: 24.22mg (121.1%), Selenium: 75.45µg (107.78%), Vitamin B6: 1.87mg (93.49%), Manganese: 1.38mg (68.98%), Vitamin K: 64.42µg (61.35%), Phosphorus: 602.83mg (60.28%), Vitamin B5: 3.68mg (36.77%), Potassium: 1216.02mg (34.74%), Vitamin B1: 0.41mg (27.52%), Copper: 0.55mg (27.35%), Magnesium: 103.69mg (25.92%), Vitamin B2: 0.4mg (23.3%), Zinc: 2.77mg (18.48%), Fiber: 3.71g (14.84%), Vitamin E: 2.06mg (13.76%), Iron: 2.05mg (11.37%), Vitamin C: 8.36mg (10.13%), Vitamin B12: 0.55µg (9.13%), Calcium: 74.71mg (7.47%), Vitamin A: 356.95IU (7.14%), Folate: 21.25µg (5.31%), Vitamin D: 0.28µg (1.89%)