



Chicken Salad with Grapes and Walnuts

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons capers drained chopped
- ☐ 1.5 pounds chicken tenderloins
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup grapes seedless halved
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup yogurt plain
- ☐ 3 ounces walnut pieces coarsely chopped

☐ 5 cups water

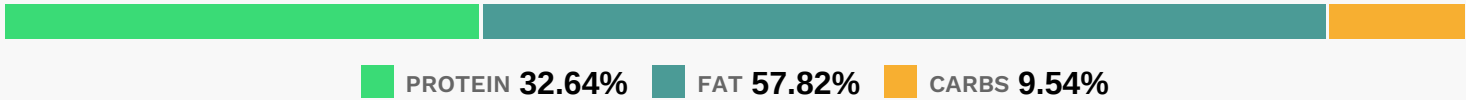
Equipment

☐ sauce pan

Directions

- ☐ Toss chicken with 2 teaspoons salt.
- ☐ Bring water and broth to a boil in a large saucepan, then add chicken and cook at a bare simmer, uncovered, stirring occasionally, until just cooked through, about 5 minutes.
- ☐ Drain and cool, then tear into 1-inch chunks.
- ☐ Meanwhile, stir together yogurt, mayonnaise, and mustard.
- ☐ Stir chicken and remaining ingredients into dressing with salt and pepper to taste.
- ☐ sliced tomatoes; green beans with lemon

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.53, Inflammation Score:-6, Nutrition Score:25.618695538977%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg, Quercetin: 10.35mg

Nutrients (% of daily need)

Calories: 518.59kcal (25.93%), Fat: 33.75g (51.93%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 12.53g (4.18%), Net Carbohydrates: 10.42g (3.79%), Sugar: 7.68g (8.53%), Cholesterol: 119.36mg (39.79%), Sodium: 579.57mg (25.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.87g (85.74%), Vitamin B3: 19.54mg (97.7%), Selenium: 57.74µg (82.48%), Vitamin B6: 1.44mg (72.15%), Phosphorus: 497.26mg (49.73%), Manganese: 0.8mg (40.03%), Vitamin K: 38.43µg (36.6%), Copper: 0.56mg (28.13%), Vitamin B5: 2.69mg (26.88%), Potassium: 927.43mg (26.5%), Magnesium: 90.87mg (22.72%), Vitamin B2: 0.3mg (17.81%), Vitamin B1: 0.22mg (14.89%), Zinc: 1.99mg (13.3%), Iron: 1.81mg (10.06%), Vitamin B12: 0.54µg (9.02%), Fiber: 2.12g (8.47%), Vitamin E: 1.23mg (8.23%), Folate: 32.4µg (8.1%), Calcium: 77.08mg (7.71%), Vitamin C: 3.9mg (4.73%), Vitamin A: 123.48IU (2.47%), Vitamin D: 0.23µg (1.52%)