



Chicken Salad with Grapes, Cashews, Apples and Fresh Dill



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast diced boneless skinless boiled
- ☐ 1 cup grapes red seedless cut in half
- ☐ 1 cup roasted cashews salted
- ☐ 1 small gala apple diced finely
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup spring onion finely chopped
- ☐ 0.5 cup mayonnaise reduced-fat

- ☐ 1 juice of lime
- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1 serving salt and pepper to taste

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ slow cooker

Directions

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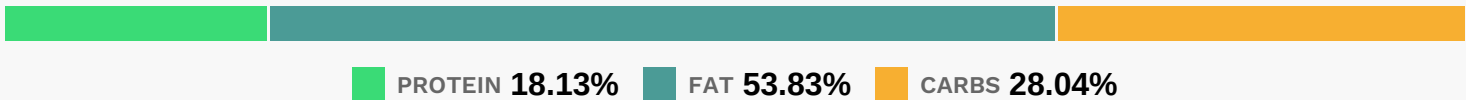
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- ☐ The flavors and textures of sweet grapes, crunchy cashews, crispy apples and savory chicken make this a stand-out recipe for your next brunch or lunch.
- ☐ Brooke Lark
- ☐ Updated Jun 8, 2011
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- ☐ Ingredients
 - ☐ boneless skinless chicken breasts, boiled, diced
 - ☐ cup seedless red grapes, each cut in half
 - ☐ cup salted cashews
 - ☐ small Gala apple, finely diced
 - ☐ cup finely chopped red onion
 - ☐ cup finely chopped green onions
 - ☐ to 1 cup reduced-fat mayonnaise
 - ☐ Juice of 1 lime (1 to 2 tablespoons)
 - ☐ teaspoon chopped fresh dill
 - ☐ Salt and pepper to taste
- ☐ Steps
 - ☐ In large bowl, stir together all ingredients until well mixed, adding salt and pepper to taste.
- ☐ Tips from the Betty Crocker Kitchens
 - ☐ tip 1
 - ☐ This recipe is quite versatile! For a slightly different flavor, swap out the grapes, cashews and lime juice for cucumbers, sliced almonds and lemon juice.
 - ☐ tip 2
 - ☐ This recipe can be served immediately, or stored in a tightly covered container for up to 24 hours in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:16.637825986613%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 380.95kcal (19.05%), Fat: 23.71g (36.47%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 25.16g (9.15%), Sugar: 13.13g (14.59%), Cholesterol: 40.64mg (13.55%), Sodium: 567.44mg (24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.94%), Vitamin K: 46.39µg (44.18%), Copper: 0.85mg (42.51%), Selenium: 22.95µg (32.78%), Vitamin B3: 6.54mg (32.68%), Phosphorus: 308.6mg (30.86%), Vitamin B6: 0.58mg (28.89%), Magnesium: 111.67mg (27.92%), Manganese: 0.36mg (17.89%), Potassium: 564.02mg (16.11%), Zinc: 2.35mg (15.7%), Iron: 2.61mg (14.48%), Vitamin B5: 1.31mg (13.06%), Fiber: 2.62g (10.5%), Vitamin B2: 0.17mg (10%), Vitamin B1: 0.15mg (9.95%), Vitamin C: 7.79mg (9.44%), Folate: 35.57µg (8.89%), Vitamin E: 1.23mg (8.18%), Calcium: 33.86mg (3.39%), Vitamin A: 149.77IU (3%), Vitamin B12: 0.11µg (1.88%)