



Chicken Salad with Toasted Almonds



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup blanched slivered almonds toasted
- ☐ 4 cups meat from a rotisserie chicken cubed cooked
- ☐ 1 cup grapes green halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup lettuce shredded
- ☐ 1 cup dole pineapple tidbits drained
- ☐ 1 cup creamy salad dressing
- ☐ 1 teaspoon salt

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0.5 cup water chestnuts chopped

Equipment

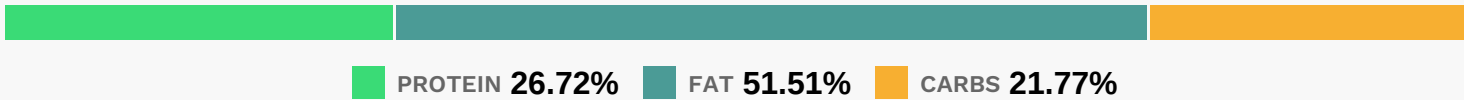
☐

bowl

Directions

- ☐ In a large bowl, toss the chicken with the lemon juice. Cover and chill for 2 hours.
- ☐ Mix the salad dressing, salt, pineapple, grapes, almonds, water chestnuts and lettuce into the chicken until evenly combined. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:2.01, Inflammation Score:-4, Nutrition Score:16.161304422047%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 413.3kcal (20.67%), Fat: 24.02g (36.96%), Saturated Fat: 3.58g (22.38%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 19.53g (7.1%), Sugar: 15.5g (17.22%), Cholesterol: 70mg (23.33%), Sodium: 853.43mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.04g (56.08%), Vitamin B3: 8.31mg (41.55%), Vitamin E: 5.35mg (35.66%), Selenium: 24.72µg (35.31%), Phosphorus: 286.1mg (28.61%), Vitamin B6: 0.53mg (26.5%), Vitamin K: 26.66µg (25.39%), Manganese: 0.41mg (20.59%), Magnesium: 79.5mg (19.88%), Vitamin B2: 0.3mg (17.63%), Copper: 0.35mg (17.54%), Potassium: 506.33mg (14.47%), Zinc: 2.16mg (14.38%), Fiber: 3.31g (13.23%), Iron: 2.3mg (12.77%), Vitamin B1: 0.16mg (10.89%), Vitamin B5: 1.03mg (10.27%), Vitamin C: 7.06mg (8.56%), Calcium: 69.81mg (6.98%), Folate: 19.53µg (4.88%), Vitamin B12: 0.27µg (4.51%), Vitamin A: 105.31IU (2.11%)