



## Chunky Chicken-Apple Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

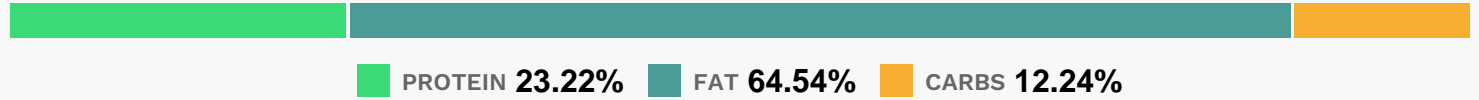
- 1 medium apples chopped
- 1 small celery stalk chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 tsp juice of lemon
- 0.3 cup real mayo mayonnaise kraft
- 3 Tbsp planters pecans chopped

## Equipment

## Directions

- Mix all ingredients until well blended.
- Serve immediately. Or, cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:12.4, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:3.1539130482985%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 96.42kcal (4.82%), Fat: 6.99g (10.75%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.25g (0.82%), Sugar: 2.05g (2.28%), Cholesterol: 16.81mg (5.6%), Sodium: 48.65mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.31%), Vitamin B3: 2.39mg (11.93%), Vitamin K: 9.8µg (9.33%), Manganese: 0.15mg (7.25%), Selenium: 4.94µg (7.06%), Vitamin B6: 0.12mg (5.83%), Phosphorus: 50.38mg (5.04%), Fiber: 0.73g (2.93%), Copper: 0.05mg (2.52%), Magnesium: 9.58mg (2.4%), Vitamin B1: 0.04mg (2.36%), Potassium: 77.61mg (2.22%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.12%), Vitamin E: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.73%), Iron: 0.29mg (1.6%), Vitamin C: 0.93mg (1.13%), Vitamin B12: 0.06µg (1.08%)