



Chunky Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

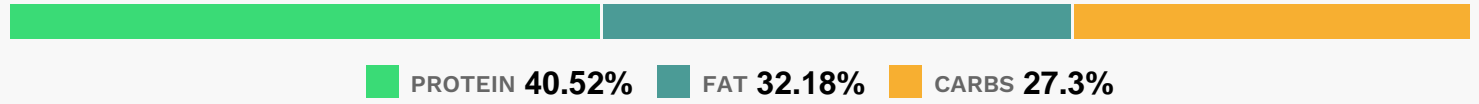
- 1 apples chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 3 Tbsp miracle whip dressing
- 3 Tbsp planters honey roasted peanuts
- 4 cups torn salad greens

Equipment

Directions

- Combine all ingredients except salad greens.
- Place greens on three salad plates; top with chicken mixture.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:3.3121739101151%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 61.49kcal (3.07%), Fat: 2.25g (3.46%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.39g (2.65%), Cholesterol: 14.89mg (4.96%), Sodium: 67.74mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Vitamin B3: 2.88mg (14.42%), Selenium: 4.98µg (7.12%), Vitamin B6: 0.13mg (6.5%), Phosphorus: 58.87mg (5.89%), Vitamin C: 4.55mg (5.51%), Manganese: 0.1mg (5.17%), Vitamin A: 198.47IU (3.97%), Potassium: 116.17mg (3.32%), Fiber: 0.8g (3.18%), Magnesium: 12.64mg (3.16%), Folate: 10.93µg (2.73%), Vitamin B5: 0.24mg (2.36%), Iron: 0.37mg (2.08%), Copper: 0.04mg (2.05%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.95%), Zinc: 0.27mg (1.81%)