



Citrus-Tarragon Chicken Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 celery stalk chopped
- ☐ 5 cups rotisserie chicken breast meat cooked chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 4 green onions chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons orange zest

8 servings salt and pepper to taste

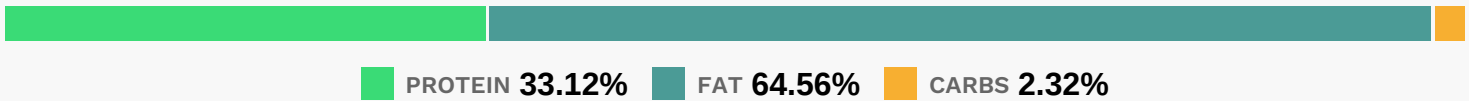
Equipment

bowl

Directions

Mix the chicken, celery, green onions, and tarragon together in a large bowl. Stir in the lemon juice, lemon zest, orange zest, and mayonnaise. Season to taste with salt and pepper. Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:13.14304354139%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 343.47kcal (17.17%), Fat: 24.22g (37.26%), Saturated Fat: 4.2g (26.23%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.42g (0.47%), Cholesterol: 86.14mg (28.71%), Sodium: 438.87mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin B3: 12.2mg (60.99%), Vitamin K: 58.47µg (55.68%), Selenium: 24.92µg (35.6%), Vitamin B6: 0.58mg (28.85%), Phosphorus: 213.66mg (21.37%), Iron: 1.64mg (9.09%), Vitamin B5: 0.91mg (9.07%), Potassium: 306.07mg (8.74%), Manganese: 0.17mg (8.37%), Magnesium: 33.4mg (8.35%), Vitamin E: 1.2mg (7.98%), Vitamin B2: 0.14mg (7.94%), Zinc: 1.01mg (6.76%), Vitamin C: 4.79mg (5.81%), Vitamin B12: 0.33µg (5.52%), Vitamin B1: 0.07mg (4.91%), Calcium: 41.64mg (4.16%), Folate: 14.68µg (3.67%), Vitamin A: 174.71IU (3.49%), Copper: 0.07mg (3.34%), Fiber: 0.41g (1.64%)