



Confetti Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery diced
- ☐ 6 cups meat from a rotisserie chicken cooked chopped
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.8 teaspoon ground pepper red
- ☐ 2 cups mayonnaise
- ☐ 0.3 cup onion diced red
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup water chestnuts diced

☐ 1 cup bell pepper diced yellow

Equipment

☐ bowl

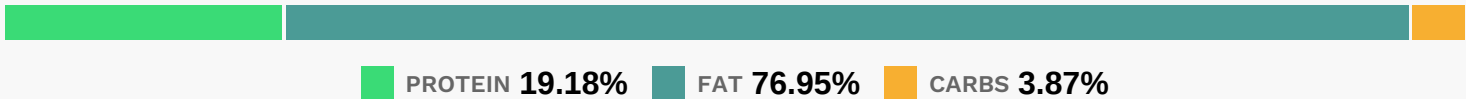
☐ whisk

Directions

☐ Whisk together mayonnaise and ground red pepper in a large bowl. Stir in chicken and next 5 ingredients.

☐ Add salt and pepper.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:22.299565564031%

Flavonoids

Apigenin: 11.25mg, Apigenin: 11.25mg, Apigenin: 11.25mg, Apigenin: 11.25mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 771.44kcal (38.57%), Fat: 65.32g (100.5%), Saturated Fat: 11.31g (70.67%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 5.79g (2.1%), Sugar: 1.82g (2.02%), Cholesterol: 136.36mg (45.45%), Sodium: 792.38mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.26%), Vitamin K: 208.93µg (198.98%), Vitamin C: 53.97mg (65.41%), Vitamin B3: 11.51mg (57.56%), Selenium: 36.58µg (52.25%), Vitamin B6: 0.7mg (35.11%), Phosphorus: 306.34mg (30.63%), Vitamin E: 2.76mg (18.37%), Zinc: 2.49mg (16.6%), Vitamin B5: 1.64mg (16.45%), Vitamin A: 756.58IU (15.13%), Vitamin B2: 0.25mg (14.86%), Potassium: 512.35mg (14.64%), Iron: 2.6mg (14.47%), Magnesium: 40.26mg (10.06%), Folate: 34.5µg (8.62%), Copper: 0.17mg (8.39%), Vitamin B12: 0.5µg (8.26%), Vitamin B1: 0.12mg (7.81%), Manganese: 0.13mg (6.54%), Fiber: 1.61g (6.45%), Calcium: 42.8mg (4.28%)