



Cranberry-Almond Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery diced
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 1 tablespoon greek seasoning
- ☐ 0.7 cup slivered almonds
- ☐ 0.5 small onion diced sweet
- ☐ 0.8 cup cranberries dried sweetened

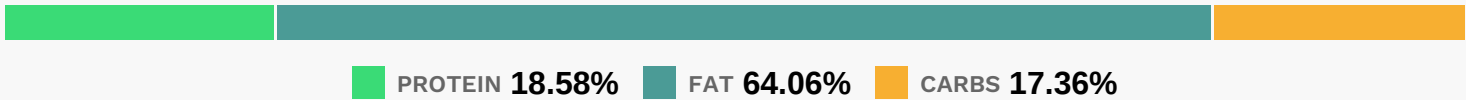
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Bake almonds in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant. Cool completely in pan on a wire rack (about 15 minutes).
- ☐ Stir together almonds, chicken, dried cranberries, and remaining ingredients; serve immediately, or cover and chill up to 24 hours.
- ☐ Artichoke–Pecan Chicken Salad: Substitute 1 cup coarsely chopped pecans for almonds and 1 (14-oz.) can artichoke hearts for cranberries.
- ☐ Drain artichokes, and pat dry with paper towels. Coarsely chop artichokes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:14.8126088018%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 439.95kcal (22%), Fat: 31.88g (49.04%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 15.81g (5.75%), Sugar: 13.3g (14.78%), Cholesterol: 64.26mg (21.42%), Sodium: 234.32mg (10.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.81g (41.62%), Vitamin K: 62.29µg (59.33%), Vitamin E: 4.77mg (31.82%), Vitamin B3: 6.19mg (30.95%), Selenium: 18.7µg (26.72%), Manganese: 0.47mg (23.65%), Phosphorus: 210.79mg (21.08%), Vitamin B6: 0.38mg (18.78%), Vitamin B2: 0.27mg (15.81%), Fiber: 3.62g (14.48%), Magnesium: 57.46mg (14.36%), Iron: 2.39mg (13.3%), Zinc: 1.6mg (10.67%), Copper: 0.21mg (10.52%), Potassium: 331.18mg (9.46%), Calcium: 89.59mg (8.96%), Vitamin B5: 0.87mg (8.75%), Vitamin B1: 0.09mg (5.98%), Folate: 23.49µg (5.87%), Vitamin C: 3.36mg (4.07%), Vitamin B12: 0.24µg (3.94%), Vitamin A: 91.01IU (1.82%)