



Cranberry-Pecan Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

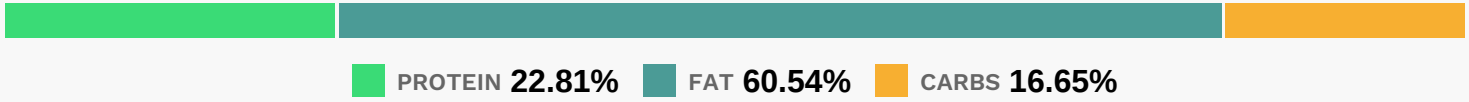
- ☐ 3 rib celery stalks diced
- ☐ 8 cups roasted chicken cooked chopped
- ☐ 5 spring onion thinly sliced
- ☐ 0.5 cup dijon honey mustard
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups pecans toasted chopped
- ☐ 6 ounce cranberries dried sweetened

Equipment

Directions

Stir together 8 cups chopped cooked chicken; 3 celery ribs, diced; 5 green onions, thinly sliced; 1 1/2 cups chopped, toasted pecans; 1 (6-ounce) package sweetened dried cranberries; 1 cup mayonnaise; and 1/2 cup Sweet-Hot Honey Mustard. Season with salt and pepper to taste. Cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:19.406956480897%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Delphinidin: 1.37mg, Delphinidin: 1.37mg, Delphinidin: 1.37mg, Delphinidin: 1.37mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 651.53kcal (32.58%), Fat: 43.84g (67.44%), Saturated Fat: 6.98g (43.62%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 24.02g (8.74%), Sugar: 19.63g (21.81%), Cholesterol: 116.76mg (38.92%), Sodium: 363.18mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.16g (74.32%), Vitamin K: 63.54µg (60.51%), Vitamin B3: 11.41mg (57.04%), Selenium: 35.96µg (51.38%), Manganese: 0.93mg (46.49%), Phosphorus: 330.66mg (33.07%), Vitamin B6: 0.63mg (31.41%), Zinc: 3.06mg (20.41%), Copper: 0.33mg (16.38%), Vitamin B5: 1.62mg (16.22%), Vitamin B1: 0.22mg (14.61%), Vitamin B2: 0.25mg (14.55%), Magnesium: 54.53mg (13.63%), Iron: 2.42mg (13.43%), Fiber: 3.11g (12.44%), Potassium: 434.4mg (12.41%), Vitamin E: 1.67mg (11.11%), Vitamin B12: 0.44µg (7.33%), Folate: 17.42µg (4.35%), Calcium: 39.5mg (3.95%), Vitamin A: 162.45IU (3.25%), Vitamin C: 1.67mg (2.02%)