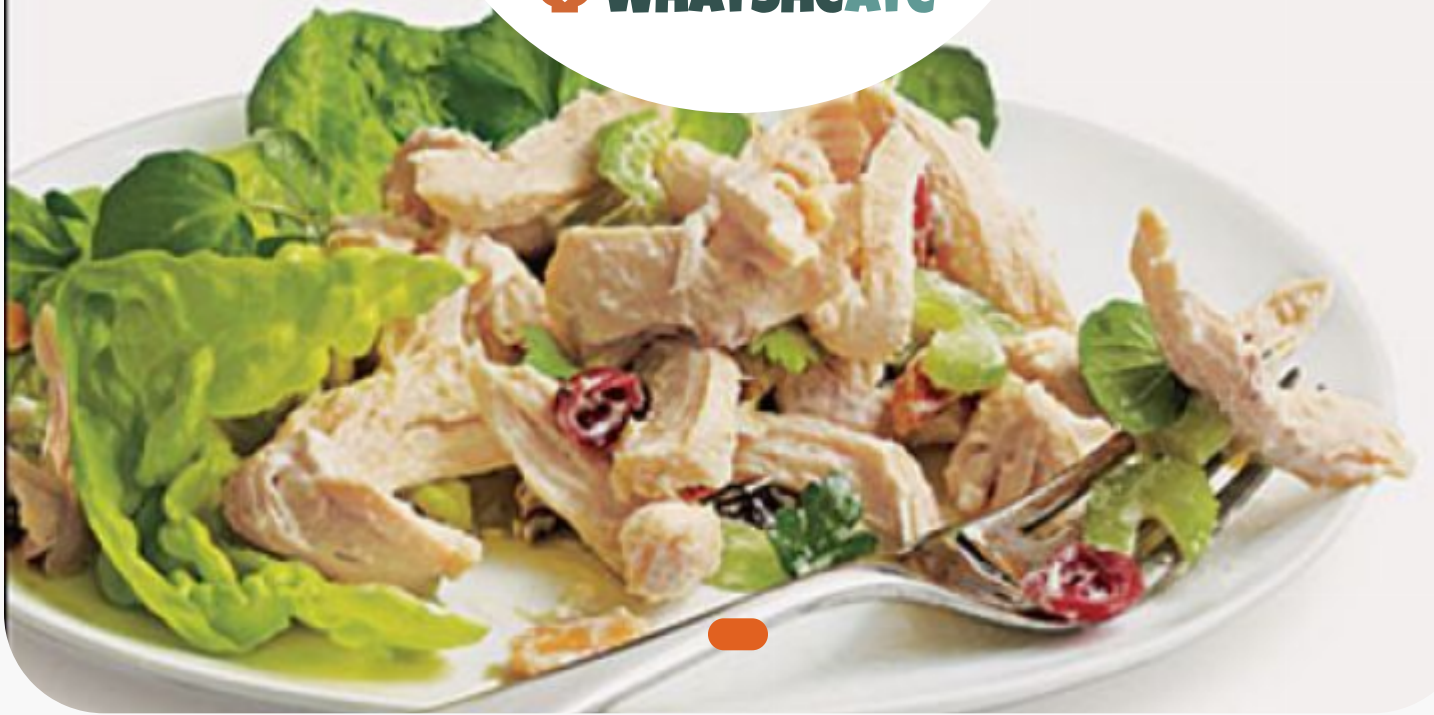




Creamy Chicken Salad

 Gluten Free

READY IN



139 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces almonds smoked coarsely chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup celery chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 cup greek yogurt plain fat-free
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup mayonnaise light
- ☐ 6 cups the salad mixed
- ☐ 2 pounds chicken breast halves boneless skinless
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 tablespoon citrus champagne vinegar

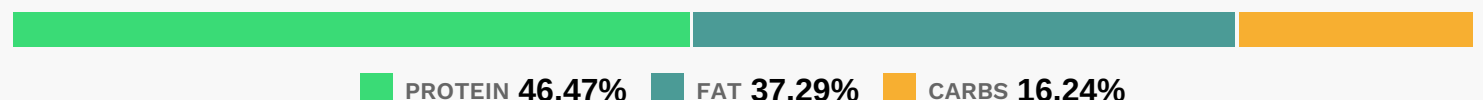
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Fill a Dutch oven two-thirds full of water; bring to a boil.
- ☐ Wrap each chicken breast half completely and tightly in heavy-duty plastic wrap.
- ☐ Add the chicken to boiling water. Cover and simmer for 20 minutes or until a thermometer registers 16
- ☐ Remove from pan, and let stand for 5 minutes. Unwrap chicken and shred; refrigerate for 30 minutes or until cold.
- ☐ Combine mayonnaise and the next 7 ingredients (through black pepper) in a large bowl, stirring with a whisk until combined.
- ☐ Add chicken, 1/3 cup celery, cranberries, and almonds; toss well to coat. Cover and refrigerate for 1 hour.
- ☐ Serve over salad greens.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:20.958695670833%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 316.11kcal (15.81%), Fat: 13.04g (20.07%), Saturated Fat: 1.9g (11.88%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.99g (4%), Sugar: 7.64g (8.49%), Cholesterol: 100.59mg (33.53%), Sodium: 572.68mg (24.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.58g (73.15%), Vitamin B3: 16.44mg (82.22%), Selenium: 52µg (74.28%), Vitamin B6: 1.2mg (59.94%), Phosphorus: 409.33mg (40.93%), Vitamin B5: 2.36mg (23.55%), Vitamin E: 3.29mg (21.92%), Potassium: 754.83mg (21.57%), Vitamin B2: 0.33mg (19.62%), Magnesium: 74.08mg (18.52%), Manganese: 0.36mg (17.92%), Vitamin C: 12.28mg (14.88%), Vitamin K: 12.79µg (12.18%), Vitamin A: 541.62IU (10.83%), Vitamin B1: 0.14mg (9.39%), Zinc: 1.39mg (9.3%), Copper: 0.18mg (8.8%), Folate: 29.67µg (7.42%), Iron: 1.31mg (7.29%), Fiber: 1.79g (7.15%), Vitamin B12: 0.42µg (6.98%), Calcium: 63.45mg (6.35%), Vitamin D: 0.15µg (1.01%)