

# Creamy Chicken Salad

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup almonds smoked
- 1 tablespoon tarragon fresh minced
- 0.5 cup mayonnaise
- 12 servings salt and pepper to taste
- 0.5 cup whipping cream

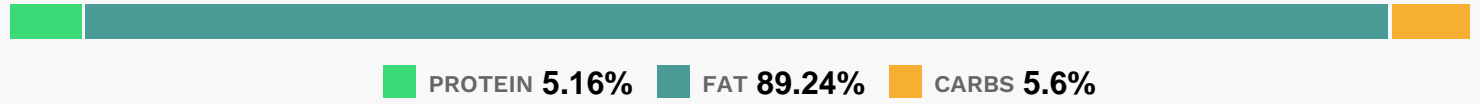
## Equipment

- food processor
- bowl

## Directions

- Whip cream to soft peaks. Chop almonds in food processor. Shred chicken or chop finely.
- In a large bowl combine the cream, almonds, chicken, mayonnaise, tarragon, salt and pepper.
- Mix well and serve.

## Nutrition Facts



## Properties

Glycemic Index:10.83, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.4447825706523%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 133.4kcal (6.67%), Fat: 13.58g (20.89%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.6g (0.67%), Cholesterol: 15.13mg (5.04%), Sodium: 256.16mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.53%), Vitamin K: 15.53µg (14.79%), Vitamin E: 1.92mg (12.82%), Manganese: 0.18mg (9.19%), Vitamin B2: 0.1mg (5.66%), Magnesium: 18.9mg (4.73%), Phosphorus: 38.2mg (3.82%), Vitamin A: 176.4IU (3.53%), Copper: 0.07mg (3.42%), Fiber: 0.79g (3.15%), Calcium: 30.08mg (3.01%), Iron: 0.44mg (2.45%), Potassium: 72.62mg (2.07%), Zinc: 0.25mg (1.65%), Vitamin B3: 0.27mg (1.37%), Vitamin B6: 0.03mg (1.32%), Folate: 5.08µg (1.27%), Vitamin D: 0.18µg (1.18%), Selenium: 0.78µg (1.12%), Vitamin B1: 0.02mg (1.11%)