



Creamy Tarragon Chicken Salad

 Gluten Free

READY IN



11 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup greek yogurt plain 2% reduced-fat
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 cups rotisserie chicken cut dark shredded boneless skinless white (and meat)
- ☐ 4 servings sugar snap peas steamed

☐ 3 ounces frangelico

Equipment

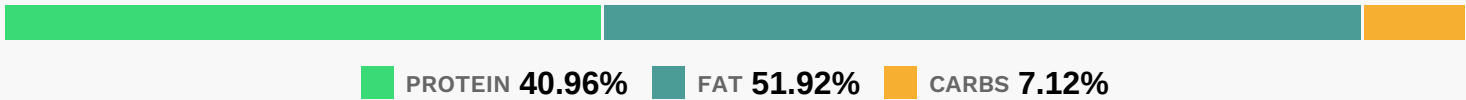
☐ bowl

☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add chicken and onion; toss to combine.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:8.1178261585858%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 353.08kcal (17.65%), Fat: 20.44g (31.44%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 4.69g (1.71%), Sugar: 3.03g (3.37%), Cholesterol: 120.28mg (40.09%), Sodium: 654.19mg (28.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.28g (72.55%), Vitamin C: 31.01mg (37.59%), Vitamin K: 35.31µg (33.63%), Manganese: 0.29mg (14.53%), Vitamin A: 616.78IU (12.34%), Iron: 1.66mg (9.22%), Folate: 29.16µg (7.29%), Vitamin B6: 0.14mg (7.24%), Vitamin B2: 0.12mg (6.77%), Fiber: 1.61g (6.42%), Calcium: 63.57mg (6.36%), Phosphorus: 60.15mg (6.02%), Vitamin B1: 0.09mg (5.85%), Potassium: 193.44mg (5.53%), Magnesium: 21.02mg (5.26%), Vitamin B5: 0.46mg (4.61%), Vitamin E: 0.66mg (4.37%), Selenium: 2.45µg (3.5%), Copper: 0.06mg (3.09%), Vitamin B3: 0.5mg (2.49%), Vitamin B12: 0.13µg (2.22%), Zinc: 0.33mg (2.19%)