



Crunchy Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1 hardboiled egg sliced
- ☐ 4 lettuce leaves
- ☐ 3 tablespoons mayonnaise
- ☐ 3 tablespoons onion chopped
- ☐ 1 tablespoon pecans chopped
- ☐ 0.3 teaspoon salt

- ☐ 4 teaspoons relish sweet
- ☐ 2 tablespoons water chestnuts chopped

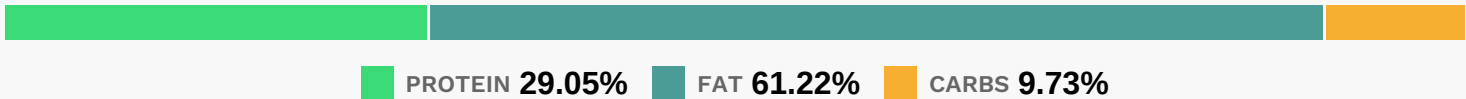
Equipment

- ☐ bowl

Directions

- ☐ Mix chicken, onion, mayonnaise, water chestnuts, sweet pickle relish, pecans, salt, and black pepper together in a bowl.
- ☐ Serve on lettuce leaves and garnish each serving with a slice or 2 of hard-boiled egg.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:9.9678259828816%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 214.75kcal (10.74%), Fat: 14.5g (22.31%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.22g (1.53%), Sugar: 2.6g (2.88%), Cholesterol: 90.41mg (30.14%), Sodium: 315.36mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.96%), Vitamin A: 1933.1IU (38.66%), Selenium: 17.37µg (24.81%), Vitamin B3: 4.33mg (21.67%), Vitamin K: 21.58µg (20.56%), Vitamin B6: 0.29mg (14.44%), Phosphorus: 143.58mg (14.36%), Manganese: 0.23mg (11.4%), Vitamin B2: 0.18mg (10.42%), Zinc: 1.17mg (7.8%), Vitamin B5: 0.75mg (7.51%), Iron: 1.25mg (6.96%), Potassium: 221.55mg (6.33%), Vitamin C: 5.1mg (6.18%), Vitamin B1: 0.09mg (5.81%), Folate: 20.47µg (5.12%), Magnesium: 20.23mg (5.06%), Vitamin B12: 0.3µg (5.06%), Vitamin E: 0.67mg (4.46%), Copper: 0.08mg (4.16%), Fiber: 0.97g (3.87%), Calcium: 26.47mg (2.65%), Vitamin D: 0.3µg

(1.97%)