



Crunchy Potato Chip-Chicken Salad Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

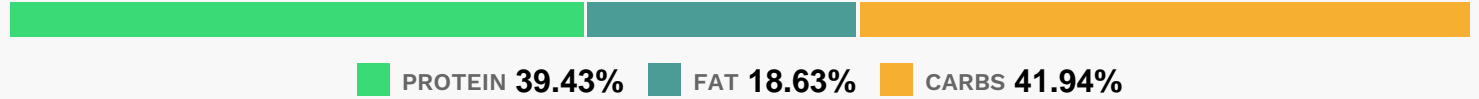
- 0.5 cup baby spinach leaves
- 2 Tbsp celery finely chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 tsp grey poupon harvest coarse ground mustard
- 2 Tbsp miracle whip dressing
- 6 potato chips
- 0.3 cup grapes red seedless halved
- 2 Tbsp onions red finely chopped
- 4 slices bread white

Equipment

Directions

- Combine first 6 ingredients.
- Fill bread slices with spinach, chicken salad and potato chips to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:3.7795651755903%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 66.15kcal (3.31%), Fat: 1.35g (2.07%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.34g (2.31%), Sugar: 1.58g (1.75%), Cholesterol: 14.75mg (4.92%), Sodium: 102.84mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin B3: 2.87mg (14.37%), Selenium: 7.41µg (10.58%), Vitamin K: 8.49µg (8.08%), Vitamin B6: 0.13mg (6.27%), Phosphorus: 54.85mg (5.49%), Vitamin B1: 0.07mg (4.74%), Manganese: 0.09mg (4.57%), Folate: 15.96µg (3.99%), Iron: 0.6mg (3.35%), Vitamin A: 156.51IU (3.13%), Vitamin B2: 0.05mg (3.03%), Calcium: 27.55mg (2.75%), Vitamin B5: 0.26mg (2.61%), Magnesium: 10.38mg (2.6%), Potassium: 89.35mg (2.55%), Zinc: 0.29mg (1.92%), Fiber: 0.48g (1.92%), Copper: 0.03mg (1.56%), Vitamin E: 0.19mg (1.26%), Vitamin C: 0.9mg (1.09%)