



Deb's Cranchick Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

400 min.

SERVINGS

servings

4

CALORIES

calories

734 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 3 stalks celery chopped
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 juice of lemon juiced
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion red chopped
- ☐ 4 servings salt and pepper to taste

- ☐ 4 chicken breast halves boneless skinless chopped
- ☐ 8 leaves pkt spinach dried stemmed rinsed
- ☐ 0.5 cup walnuts chopped

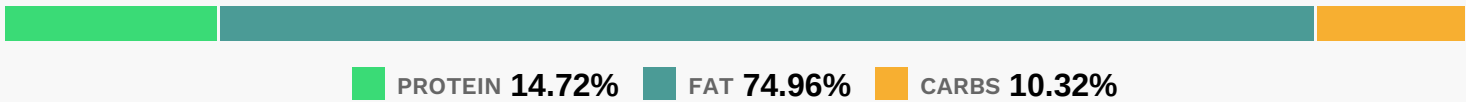
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large skillet, heat olive oil over medium heat.
- ☐ Add chopped chicken and cook until chicken is cooked through.
- ☐ Remove from heat and set aside to cool.
- ☐ In a large bowl, stir together the celery, walnuts, cranberries, onion, mayonnaise, vinegar, salt and pepper and lemon juice.
- ☐ Add cooled chicken, and stir until well combined. Cover and chill about 6 hours and serve on top of spinach leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:21.730869624926%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 733.86kcal (36.69%), Fat: 61.59g (94.76%), Saturated Fat: 9.09g (56.8%), Carbohydrates: 19.07g (6.36%), Net Carbohydrates: 16.58g (6.03%), Sugar: 14.42g (16.03%), Cholesterol: 95.84mg (31.95%), Sodium: 710.44mg (30.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.22g (54.44%), Vitamin K: 115.76µg (110.24%), Vitamin B3: 12.16mg (60.79%), Selenium: 38.45µg (54.93%), Vitamin B6: 0.98mg (48.75%), Manganese: 0.64mg (31.94%), Phosphorus: 314.53mg (31.45%), Vitamin E: 3.61mg (24.06%), Vitamin B5: 1.92mg (19.15%), Potassium: 622.39mg (17.78%), Magnesium: 61.2mg (15.3%), Copper: 0.3mg (15.21%), Vitamin B2: 0.17mg (10.23%), Fiber: 2.49g (9.95%), Folate: 38.98µg (9.75%), Vitamin B1: 0.14mg (9.54%), Zinc: 1.28mg (8.57%), Vitamin A: 395.89IU (7.92%), Iron: 1.29mg (7.14%), Vitamin C: 5.26mg (6.38%), Vitamin B12: 0.29µg (4.89%), Calcium: 45.76mg (4.58%), Vitamin D: 0.22µg (1.5%)