



Dijon Chicken Salad Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

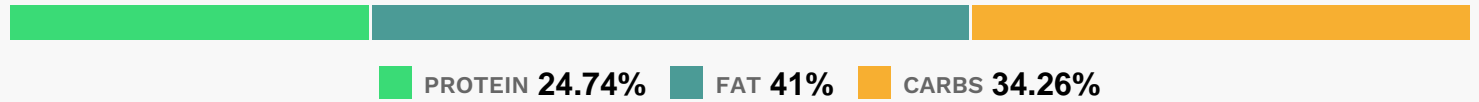
- 1.5 cups celery chopped
- 4 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup grey poupon dijon mustard
- 0.1 tsp ground pepper black
- 2 Tbsp juice of lemon
- 8 lettuce leaves
- 0.5 cup real mayo mayonnaise kraft
- 16 slices cocktail rye bread

Equipment

Directions

- Combine chicken, celery, mayonnaise, mustard, lemon juice and pepper.
- Top 8 bread slices with lettuce, chicken salad and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:14.39, Inflammation Score:-9, Nutrition Score:18.495217289614%

Flavonoids

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: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 389.76kcal (19.49%), Fat: 17.53g (26.97%), Saturated Fat: 3.34g (20.84%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 28.36g (10.31%), Sugar: 3.24g (3.6%), Cholesterol: 58.38mg (19.46%), Sodium: 634.83mg (27.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Selenium: 40.19µg (57.41%), Vitamin B3: 8.15mg (40.76%), Vitamin A: 1910.19IU (38.2%), Manganese: 0.67mg (33.43%), Vitamin K: 29.3µg (27.91%), Vitamin B1: 0.37mg (24.41%), Phosphorus: 237.6mg (23.76%), Folate: 91.84µg (22.96%), Vitamin B2: 0.36mg (21.21%), Vitamin B6: 0.38mg (19.07%), Fiber: 4.61g (18.43%), Iron: 3.07mg (17.06%), Zinc: 1.94mg (12.93%), Magnesium: 49.66mg (12.41%), Potassium: 381.09mg (10.89%), Vitamin B5: 1.06mg (10.61%), Copper: 0.17mg (8.75%), Vitamin C: 6.65mg (8.06%), Calcium: 77.72mg (7.77%), Vitamin E: 0.83mg (5.51%), Vitamin B12: 0.22µg (3.66%)