



Easy Chicken Waldorf Salad

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large apples chopped
- 2 stalks celery chopped
- 6 oz oscar mayer carving board flame grilled chicken breast strips coarsely chopped
- 0.3 cup dates chopped
- 2 Tbsp juice of lemon
- 0.3 cup mayo mayonnaise dressing fat free kraft
- 0.3 cup planters walnuts coarsely chopped

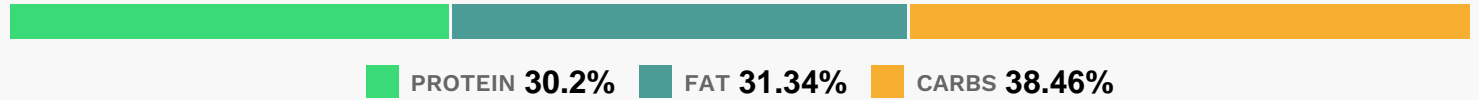
Equipment

bowl

Directions

- Mix mayo and lemon juice in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:6.8, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:1.7082608729277%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 37.89kcal (1.89%), Fat: 1.37g (2.11%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.15g (1.15%), Sugar: 2.75g (3.06%), Cholesterol: 7.49mg (2.5%), Sodium: 32.44mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Vitamin B3: 1.23mg (6.15%), Selenium: 2.5µg (3.57%), Vitamin B6: 0.07mg (3.51%), Manganese: 0.06mg (3.25%), Phosphorus: 28.04mg (2.8%), Fiber: 0.64g (2.54%), Vitamin K: 2.25µg (2.14%), Potassium: 65.57mg (1.87%), Copper: 0.04mg (1.82%), Magnesium: 6.71mg (1.68%), Vitamin C: 1.24mg (1.51%), Vitamin B5: 0.12mg (1.2%), Vitamin B2: 0.02mg (1.11%), Folate: 4.2µg (1.05%)