



Fancy Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

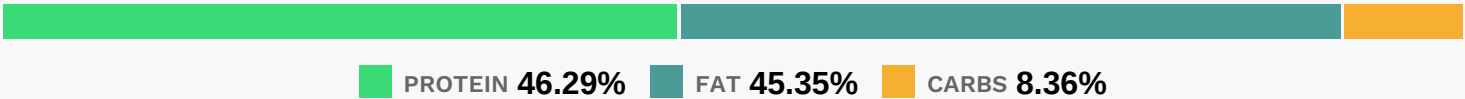
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 2 cloves garlic crushed
- ☐ 0.5 cup mayonnaise light
- ☐ 0.5 cup bell pepper red chopped
- ☐ 1 pound chicken breast halves boneless skinless cooked

Equipment

Directions

- ☐ Blend mayonnaise, vinegar, garlic and dill. Refrigerate for several hours or overnight.
- ☐ Stir together chicken, peppers and cheese and blend with the chilled dressing.
- ☐ Serve!

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:10.358260971049%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 153.03kcal (7.65%), Fat: 7.49g (11.52%), Saturated Fat: 1.91g (11.95%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.22g (1.35%), Cholesterol: 56.93mg (18.98%), Sodium: 314.36mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.2g (34.4%), Vitamin B3: 8.08mg (40.4%), Selenium: 25.77µg (36.82%), Vitamin B6: 0.64mg (32.1%), Vitamin C: 17.28mg (20.95%), Phosphorus: 187.91mg (18.79%), Vitamin B5: 1.19mg (11.95%), Vitamin K: 10.91µg (10.39%), Vitamin A: 466.41IU (9.33%), Potassium: 324.71mg (9.28%), Vitamin B2: 0.14mg (8.27%), Magnesium: 23.32mg (5.83%), Vitamin E: 0.76mg (5.07%), Vitamin B1: 0.07mg (4.55%), Zinc: 0.68mg (4.52%), Vitamin B12: 0.26µg (4.28%), Calcium: 39.16mg (3.92%), Manganese: 0.06mg (3%), Folate: 11.81µg (2.95%), Iron: 0.44mg (2.44%), Copper: 0.03mg (1.59%), Fiber: 0.29g (1.14%)