



Filipino Chicken Salad

 Dairy Free

READY IN



80 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples diced cored
- ☐ 1 carrots diced
- ☐ 2 stalks celery sliced
- ☐ 0.7 cup elbow macaroni
- ☐ 1 cup mayonnaise
- ☐ 20 ounce pineapple chunks drained canned
- ☐ 3 ounce raisins
- ☐ 1 teaspoon lawry's seasoned salt

- ☐ 1 chicken breast boneless skinless
- ☐ 1 teaspoon sugar white

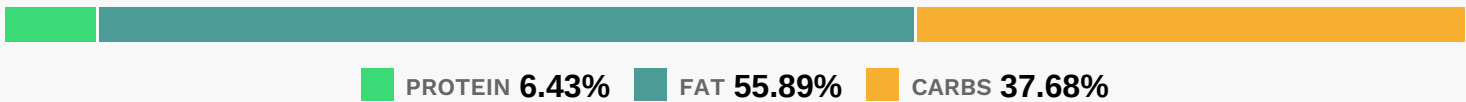
Equipment

- ☐ bowl
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Bring a pot of water to a simmer over low heat.
- ☐ Add the chicken breast to the water and cook until no longer pink in the center and the juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Remove the chicken from the water and allow to cool before shredding the meat into a large bowl.
- ☐ While the chicken cooks, bring a pot of lightly salted water to a boil. Cook the macaroni at a boil until cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain and rinse with cool water to halt the cooking process until the pasta is cool to the touch.
- ☐ Add to the bowl with the chicken.
- ☐ Stir the pineapple, apple, celery, carrot, and raisins to the bowl; toss to combine.
- ☐ Add the mayonnaise, sugar, and seasoned salt; gently stir the mixture until evenly coated. Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.14, Glycemic Load:4.02, Inflammation Score:-6, Nutrition Score:6.3278260438339%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 228.04kcal (11.4%), Fat: 14.46g (22.25%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 19.98g (7.27%), Sugar: 9.29g (10.32%), Cholesterol: 13.87mg (4.62%), Sodium: 335.17mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.49%), Vitamin K: 33.74µg (32.14%), Vitamin A: 925.93IU (18.52%), Selenium: 8.62µg (12.32%), Fiber: 1.96g (7.83%), Vitamin B6: 0.15mg (7.5%), Vitamin C: 6.14mg (7.44%), Vitamin B3: 1.41mg (7.06%), Potassium: 222.85mg (6.37%), Manganese: 0.11mg (5.65%), Copper: 0.11mg (5.47%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 52.07mg (5.21%), Vitamin E: 0.73mg (4.85%), Magnesium: 18.08mg (4.52%), Vitamin B2: 0.05mg (3.01%), Iron: 0.54mg (3%), Vitamin B5: 0.24mg (2.43%), Folate: 9.11µg (2.28%), Zinc: 0.28mg (1.87%), Calcium: 18.52mg (1.85%)