



Fruited Chicken Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium apples peeled chopped
- 1 stalk celery chopped
- 4 oz philadelphia cream cheese softened ()
- 15.5 oz fruit cocktail drained canned
- 0.5 cup real mayo mayonnaise kraft
- 0.3 tsp salt
- 3 cups meat from a rotisserie chicken shredded cooked
- 0.3 cup planters slivered almonds toasted chopped

Equipment

bowl

Directions

- Mix cream cheese and mayo in large bowl until well blended.
- Add all remaining ingredients except almonds; mix lightly.
- Spoon onto lettuce-covered plate, if desired; sprinkle with almonds.
- Serve with saltine crackers or RITZ Crackers.

Nutrition Facts



PROTEIN 20.33% **FAT 62.13%** **CARBS 17.54%**

Properties

Glycemic Index:25.75, Glycemic Load:5.34, Inflammation Score:-4, Nutrition Score:8.581304371357%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 295.87kcal (14.79%), Fat: 20.6g (31.69%), Saturated Fat: 5.59g (34.96%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.48g (4.18%), Sugar: 10.84g (12.05%), Cholesterol: 59.57mg (19.86%), Sodium: 253.01mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.33%), Vitamin K: 26.51µg (25.25%), Vitamin B3: 4.52mg (22.59%), Selenium: 14.89µg (21.27%), Phosphorus: 144.89mg (14.49%), Vitamin B6: 0.27mg (13.5%), Vitamin E: 1.77mg (11.83%), Vitamin B2: 0.17mg (10.01%), Manganese: 0.18mg (9.13%), Vitamin A: 370.01IU (7.4%), Potassium: 252.72mg (7.22%), Zinc: 1.06mg (7.07%), Vitamin B5: 0.69mg (6.91%), Magnesium: 25.99mg (6.5%), Fiber: 1.6g (6.39%), Copper: 0.12mg (5.81%), Iron: 1mg (5.57%), Vitamin B1: 0.06mg (3.93%), Calcium: 36.95mg (3.7%), Vitamin

B12: 0.2 μ g (3.34%), Vitamin C: 2.25mg (2.72%), Folate: 10.22 μ g (2.55%)