



## Fruity Chicken Salad



Gluten Free



Dairy Free

READY IN



570 min.

SERVINGS



6

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2.5 pound equivalent pieces
- ☐ 0.3 cup raisins
- ☐ 0.5 cup creamy salad dressing miracle whip® (such as )
- ☐ 2 tablespoons sugar white to taste

## Equipment

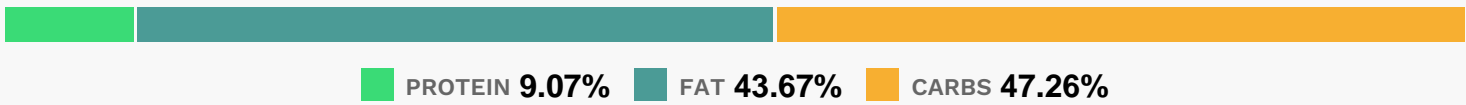
- ☐ bowl
- ☐ pot
- ☐ kitchen thermometer

☐ cutting board

## Directions

- ☐ Put the chicken in a large pot with enough water to cover. Bring to a boil; reduce heat to medium. Allow the chicken to simmer until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C).
- ☐ Remove the chicken to a cutting board. Use a pair of forks to remove and shred the meat from the chicken. Discard the remains.
- ☐ Place shredded chicken in a single layer on a plate and allow to cool completely in refrigerator, about 15 minutes.
- ☐ Stir together the salad dressing and sugar in a large bowl. Stir the chicken and raisins into the salad dressing.
- ☐ Add the mango and gently fold into the mixture. Refrigerate overnight or 8 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:30.15, Glycemic Load:61.26, Inflammation Score:-6, Nutrition Score:21.773478171748%

## Nutrients (% of daily need)

Calories: 1019.6kcal (50.98%), Fat: 51.05g (78.54%), Saturated Fat: 31.58g (197.4%), Carbohydrates: 124.3g (41.43%), Net Carbohydrates: 118.22g (42.99%), Sugar: 106.65g (118.5%), Cholesterol: 0mg (0%), Sodium: 562.85mg (24.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.71%), Manganese: 2.1mg (105.07%), Vitamin B3: 11.55mg (57.73%), Magnesium: 169.11mg (42.28%), Phosphorus: 398.69mg (39.87%), Copper: 0.8mg (39.86%), Folate: 104.13µg (26.03%), Vitamin B2: 0.43mg (25.15%), Fiber: 6.08g (24.32%), Vitamin B1: 0.35mg (23.39%), Potassium: 744.87mg (21.28%), Vitamin K: 22.12µg (21.06%), Vitamin E: 2.3mg (15.33%), Zinc: 2.2mg (14.66%), Calcium: 134.69mg (13.47%), Vitamin B6: 0.23mg (11.59%), Vitamin B5: 1.16mg (11.56%), Iron: 1.14mg (6.31%), Vitamin B12: 0.21µg (3.46%), Selenium: 1.96µg (2.81%)