



Great Chicken Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 chicken breast halves boneless cooked chopped
- ☐ 1 stalk celery chopped
- ☐ 4 tablespoons cole slaw dressing
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup mayonnaise
- ☐ 8 servings salt and pepper to taste

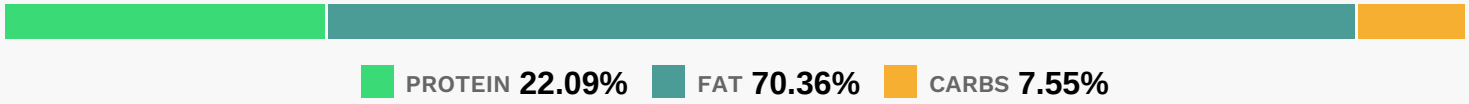
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, combine the chicken, mayonnaise, coleslaw dressing, lemon juice and celery.
- ☐ Blend until well mixed. Season with salt and pepper to taste and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:3.9178261290426%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 113.24kcal (5.66%), Fat: 8.74g (13.45%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.85g (2.06%), Cholesterol: 24.3mg (8.1%), Sodium: 343.03mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin K: 18.22µg (17.35%), Vitamin B3: 2.97mg (14.85%), Selenium: 9.61µg (13.72%), Vitamin B6: 0.22mg (10.86%), Phosphorus: 65.5mg (6.55%), Vitamin B5: 0.44mg (4.4%), Vitamin E: 0.55mg (3.64%), Potassium: 123.7mg (3.53%), Vitamin B2: 0.04mg (2.18%), Magnesium: 8.32mg (2.08%), Vitamin C: 1.27mg (1.54%), Vitamin B1: 0.02mg (1.53%), Zinc: 0.2mg (1.3%), Vitamin B12: 0.07µg (1.2%)