



Hawaiian Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup blanched slivered almonds
- 15 ounce chicken broth chunk drained canned
- 6 ounce cream cheese softened
- 1.5 cups grapes seedless halved
- 8 dole pineapple tidbits canned
- 0.3 cup salad dressing

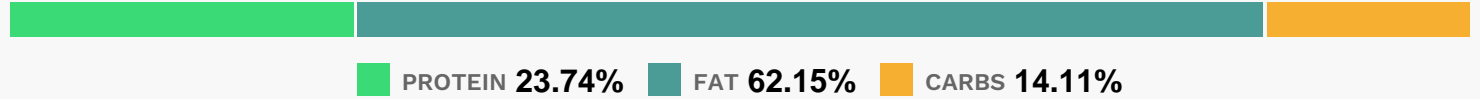
Equipment

- bowl

Directions

- In a medium bowl, beat cream cheese until fluffy.
- Mix in salad dressing and 2 tablespoons reserved pineapple juice. Stir in the pineapple tidbits, chicken, almonds, and grapes until evenly coated. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:12.17, Glycemic Load:3.41, Inflammation Score:-5, Nutrition Score:11.899565254864%

Nutrients (% of daily need)

Calories: 394.72kcal (19.74%), Fat: 27.76g (42.71%), Saturated Fat: 8.44g (52.74%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.35g (10.39%), Cholesterol: 64.07mg (21.36%), Sodium: 564.46mg (24.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Vitamin E: 5.1mg (34.02%), Phosphorus: 234.95mg (23.5%), Selenium: 16.36µg (23.37%), Manganese: 0.36mg (18.21%), Vitamin B2: 0.29mg (17.1%), Magnesium: 67.75mg (16.94%), Zinc: 2.49mg (16.57%), Vitamin K: 15.06µg (14.34%), Copper: 0.28mg (13.86%), Vitamin B12: 0.77µg (12.85%), Vitamin B3: 2.45mg (12.24%), Vitamin A: 537.72IU (10.75%), Vitamin B6: 0.21mg (10.65%), Potassium: 349.2mg (9.98%), Iron: 1.72mg (9.54%), Calcium: 85.59mg (8.56%), Fiber: 2.14g (8.56%), Vitamin B1: 0.07mg (4.73%), Folate: 13.61µg (3.4%), Vitamin B5: 0.24mg (2.37%), Vitamin C: 1.39mg (1.68%)