



## Herbed-Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 tsp pepper dried black
- 2 stalks celery chopped
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 1 Tbsp parsley fresh chopped
- 1 apples i use 2 granny smith apples chopped
- 2 green onions sliced
- 0.3 tsp ground thyme
- 1 Tbsp juice of lemon

- 0.3 cup real mayo mayonnaise kraft
- 2 oz planters slivered almonds toasted

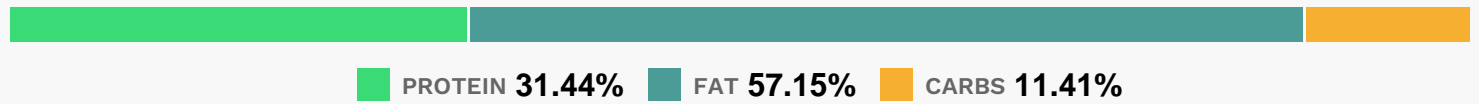
## Equipment

- bowl

## Directions

- Toss apples with lemon juice in large bowl.
- Add chicken, nuts, vegetables and parsley; mix lightly.
- Mix remaining ingredients until blended.
- Add to chicken mixture; mix lightly.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:11.892173914806%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg, Apigenin: 1.74mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 252.83kcal (12.64%), Fat: 16.15g (24.84%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 4.97g (1.81%), Sugar: 3.98g (4.42%), Cholesterol: 53.42mg (17.81%), Sodium: 133.11mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.98%), Vitamin K: 44.7µg (42.57%), Vitamin B3: 8.22mg (41.11%), Selenium: 16.41µg (23.44%), Vitamin E: 3.11mg (20.71%), Vitamin B6: 0.38mg (19.07%), Phosphorus: 186.06mg (18.61%), Manganese: 0.26mg (13.18%), Magnesium: 46.52mg (11.63%), Vitamin B2: 0.19mg (11.46%), Fiber: 2.29g (9.15%), Potassium: 301.87mg (8.62%), Copper: 0.15mg (7.28%), Vitamin B5: 0.67mg (6.73%), Iron: 1.21mg (6.72%), Zinc: 0.94mg (6.25%), Vitamin C: 4.41mg (5.35%), Vitamin B1: 0.07mg (4.8%), Calcium: 47.4mg (4.74%), Folate: 17.02µg (4.25%), Vitamin A: 192.72IU (3.85%), Vitamin B12: 0.21µg (3.46%)