



Homemade Chicken Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.7 ounce oatmeal bread light
- 3 celery stalks halved
- 1 pound chicken breast halves skinless
- 2 tablespoons coarse ground mustard
- 4 curly kale leaves
- 0.5 cup mayonnaise light
- 2 tablespoons pecans toasted chopped

- 0.8 cup grapes red seedless halved
- 3 rosemary sprigs
- 2 teaspoons greek seasoning salt-free
- 3 thyme sprigs

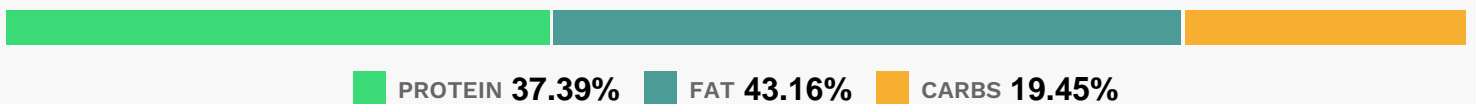
Equipment

- bowl
- sauce pan

Directions

- Combine first 5 ingredients in a large saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until chicken is tender.
- Drain; remove chicken, and cool. Discard liquid.
- Remove meat from bones; coarsely chop chicken.
- Combine chicken, grapes, and pecans in a bowl. Stir mayonnaise, mustard, and seasoning into chicken mixture. Cover and chill.
- Place lettuce on each of 4 bread slices; top each with 3/4 cup chicken salad and remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:82.67, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:19.439565285392%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 278.15kcal (13.91%), Fat: 13.43g (20.66%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 13.62g (4.54%), Net Carbohydrates: 10.89g (3.96%), Sugar: 6.21g (6.9%), Cholesterol: 77.05mg (25.68%), Sodium: 475.52mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.17g (52.34%), Vitamin B3: 12.44mg (62.21%), Selenium: 41.36µg (59.08%), Vitamin K: 54.79µg (52.18%), Vitamin B6: 0.94mg (47.04%), Phosphorus: 285.8mg (28.58%), Manganese: 0.56mg (27.98%), Vitamin A: 1248.99IU (24.98%), Vitamin B5: 1.81mg (18.06%), Potassium: 596.26mg (17.04%), Magnesium: 54.25mg (13.56%), Iron: 2.19mg (12.16%), Vitamin B1: 0.18mg (11.79%), Vitamin B2: 0.19mg (11%), Fiber: 2.73g (10.91%), Vitamin E: 1.48mg (9.87%), Copper: 0.17mg (8.66%), Zinc: 1.14mg (7.57%), Calcium: 75.14mg (7.51%), Folate: 24.86µg (6.22%), Vitamin C: 5.09mg (6.17%), Vitamin B12: 0.23µg (3.78%)