



Homestyle Chicken-Potato Salad

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.5 cup carrots thinly sliced
- 0.5 tsp garlic salt
- 0.5 cup peas frozen thawed drained
- 1 small jalapeño pepper finely chopped
- 4 cups potatoes cubed cooked
- 0.5 cup bell pepper red chopped
- 1.5 lb chicken breasts shredded boneless skinless cooked
- 0.5 cup mayonesa con limã³n kraft

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Equipment

bowl

Directions

Mix mayonesa, garlic salt and jalapeno pepper in large bowl.

Add remaining ingredients; mix lightly. Cover.

Refrigerate at least 2 hours or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.89, Glycemic Load:11.33, Inflammation Score:-8, Nutrition Score:13.517826155476%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 152.93kcal (7.65%), Fat: 1.91g (2.94%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 14.22g (5.17%), Sugar: 1.68g (1.87%), Cholesterol: 43.54mg (14.51%), Sodium: 205.34mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Vitamin B3: 8.27mg (41.35%), Vitamin B6: 0.8mg (40.02%), Vitamin C: 30.18mg (36.58%), Selenium: 22.17µg (31.68%), Vitamin A: 1380.54IU (27.61%), Phosphorus: 202.93mg (20.29%), Potassium: 660.63mg (18.88%), Vitamin B5: 1.27mg (12.68%), Fiber: 2.62g (10.49%), Magnesium: 41.24mg (10.31%), Manganese: 0.2mg (9.95%), Vitamin B1: 0.14mg (9.23%), Vitamin B2: 0.11mg (6.75%), Folate: 25.53µg (6.38%), Copper: 0.13mg (6.37%), Iron: 1.08mg (5.97%), Zinc: 0.76mg (5.09%), Vitamin K: 4.9µg (4.67%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.31mg (2.05%), Calcium: 18.44mg (1.84%)