



Honey Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups celery diced
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 1.5 cups mayonnaise
- ☐ 0.3 cup orange-blossom honey
- ☐ 0.5 cup pecans toasted chopped
- ☐ 4 servings garnish: pecans toasted chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

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1 cup cranberries dried sweetened

Equipment

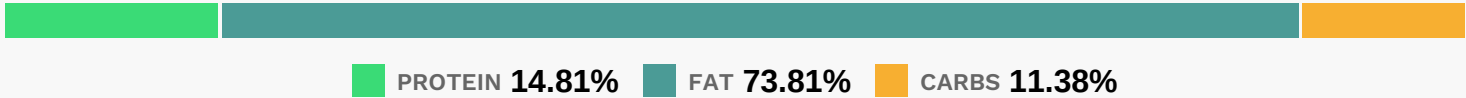
☐

whisk

Directions

- ☐
- Stir together first 4 ingredients.
- ☐
- Whisk together mayonnaise and next 3 ingredients.
- ☐
- Add to chicken mixture, stirring gently until combined.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:22.227826123652%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 1005.01kcal (50.25%), Fat: 83.04g (127.76%), Saturated Fat: 13.31g (83.19%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.16g (9.15%), Sugar: 23.57g (26.19%), Cholesterol: 140.28mg (46.76%), Sodium: 815.58mg (35.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.49g (74.97%), Vitamin K: 151.04µg (143.84%), Vitamin B3: 11.49mg (57.47%), Selenium: 37.27µg (53.24%), Manganese: 0.82mg (41.17%), Phosphorus: 338.66mg (33.87%), Vitamin B6: 0.65mg (32.57%), Vitamin E: 3.7mg (24.67%), Zinc: 3mg (19.99%), Vitamin B5: 1.79mg (17.92%), Vitamin B2: 0.27mg (15.95%), Copper: 0.31mg (15.27%), Potassium: 512.38mg (14.64%), Fiber: 3.65g

(14.59%), Iron: 2.45mg (13.6%), Vitamin B1: 0.2mg (13.58%), Magnesium: 53.53mg (13.38%), Vitamin B12: 0.51µg (8.45%), Folate: 28.07µg (7.02%), Vitamin A: 290.93IU (5.82%), Calcium: 52.28mg (5.23%), Vitamin C: 1.4mg (1.69%), Vitamin D: 0.17µg (1.12%)