



Hot Chicken Salad II

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 chicken breast halves boneless cubed cooked
- ☐ 1 cup butter crackers crushed
- ☐ 4.5 ounce mushrooms drained canned
- ☐ 8 ounce water chestnuts drained chopped canned
- ☐ 0.5 cup celery chopped
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup mayonnaise

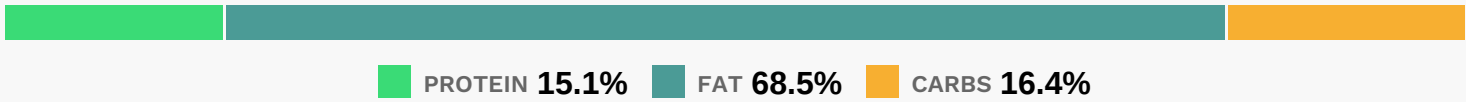
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small skillet, saute the mushrooms in oil.
- ☐ Mix together the chicken, mayonnaise, soup, sauteed mushrooms, water chestnuts and celery.
- ☐ Place mixture in a 12x7.5 inch casserole dish. Top with the crushed crackers, tossed with melted butter.
- ☐ Bake in the preheated oven for 30 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:13.724782653477%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 434.44kcal (21.72%), Fat: 33.04g (50.83%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 15.34g (5.58%), Sugar: 3.09g (3.43%), Cholesterol: 54.38mg (18.13%), Sodium: 852.56mg (37.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin K: 68.55µg (65.28%), Vitamin B3: 7.42mg (37.08%), Selenium: 20.72µg (29.6%), Vitamin B6: 0.57mg (28.27%), Phosphorus: 195.91mg (19.59%), Manganese: 0.31mg (15.26%), Vitamin E: 2mg (13.34%), Vitamin B5: 1.28mg (12.8%), Copper: 0.25mg (12.41%), Potassium: 411.28mg (11.75%), Iron: 1.79mg (9.94%), Fiber: 2.45g (9.8%), Zinc: 1.39mg (9.27%), Vitamin B2: 0.14mg (8.48%), Vitamin B1: 0.12mg (8.03%), Magnesium: 27.66mg (6.91%), Folate: 23.87µg (5.97%), Vitamin B12: 0.24µg (3.98%), Calcium: 31.22mg (3.12%), Vitamin C: 1.69mg (2.05%), Vitamin A: 79.01IU (1.58%), Vitamin D: 0.17µg (1.16%)