



 8%  
HEALTH SCORE

## How to Make an Amazing Chicken Salad with Apples and Celery

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 stalks celery finely chopped
- 2.5 cups rotisserie chicken cut cubed
- 2 tbsp mayonnaise with olive oil
- 0.5 cup nonfat greek yogurt plain
- 1 cup apples i use 2 granny smith apples chopped
- 2 tsp juice of lemon fresh
- 3 servings avocado for serving

# Equipment

bowl

# Directions

Mix chicken, celery, and apples.

In a separate bowl mix mayo, yogurt, and lemon juice.

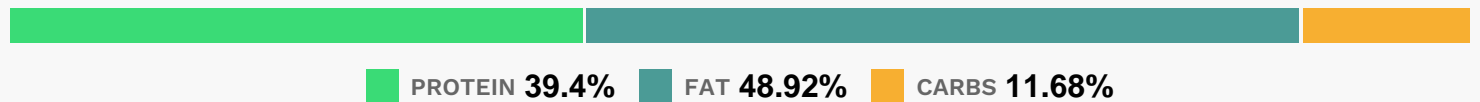
Mix well.

Combine chicken mixture with mayo mixture and stir well.

Add salt and pepper to taste.

OPTIONAL: Slice an avocado, remove the pit, and serve the chicken salad with avocado. It's so good!

# Nutrition Facts



# Properties

Glycemic Index:34.67, Glycemic Load:2.43, Inflammation Score:-5, Nutrition Score:12.55347826087%

# Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

# Taste

Sweetness: 28.29%, Saltiness: 100%, Sourness: 25.13%, Bitterness: 21.35%, Savoriness: 71.27%, Fattiness: 72.74%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 593.31kcal (29.67%), Fat: 33.15g (51%), Saturated Fat: 6.8g (42.48%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 9.46g (3.44%), Sugar: 7.07g (7.85%), Cholesterol: 192.43mg (64.14%), Sodium: 812.77mg (35.34%), Protein: 60.08g (120.16%), Vitamin K: 38.65µg (36.81%), Fiber: 8.35g (33.4%), Folate: 100.02µg (25.01%), Potassium: 686.91mg (19.63%), Vitamin C: 14.45mg (17.51%), Vitamin E: 2.47mg (16.44%), Vitamin B6: 0.33mg (16.34%), Vitamin B5: 1.63mg (16.33%), Vitamin B2: 0.26mg (15.16%), Phosphorus: 113.18mg (11.32%), Copper: 0.22mg (11.16%), Manganese: 0.2mg (10.09%), Vitamin B3: 1.98mg (9.9%), Magnesium: 39.54mg (9.88%), Vitamin A: 356.17IU (7.12%), Calcium: 68.26mg (6.83%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.89mg (5.96%), Selenium: 4.11µg (5.87%), Iron: 0.72mg (3.99%), Vitamin B12: 0.23µg (3.89%)