



Lemon Basil Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rib celery minced
- ☐ 4 cups meat from a rotisserie chicken diced cooked
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup slivered almonds

☐ 0.5 cup cup heavy whipping cream sour

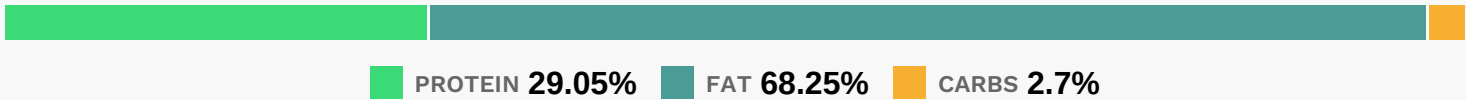
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, combine chicken, celery, basil and almonds. In a small bowl, combine sour cream, mayonnaise, lemon juice, salt, and pepper.
- ☐ Add to chicken mixture, tossing gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:17.222173898116%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 522.68kcal (26.13%), Fat: 39.21g (60.32%), Saturated Fat: 8.98g (56.11%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 2.43g (0.88%), Sugar: 1.62g (1.8%), Cholesterol: 133.72mg (44.57%), Sodium: 590.57mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.1%), Vitamin B3: 11.35mg (56.77%), Vitamin K: 55.43µg (52.79%), Selenium: 36.48µg (52.11%), Phosphorus: 332.58mg (33.26%), Vitamin B6: 0.61mg (30.41%), Vitamin B2: 0.34mg (20.22%), Vitamin E: 2.8mg (18.66%), Zinc: 2.5mg (16.69%), Vitamin B5: 1.57mg (15.69%), Magnesium: 53.17mg (13.29%), Potassium: 445.69mg (12.73%), Iron: 2.11mg (11.71%), Manganese: 0.23mg (11.38%), Copper: 0.17mg (8.56%), Vitamin B12: 0.5µg (8.33%), Vitamin A: 379.6IU (7.59%), Vitamin B1: 0.11mg (7.49%), Calcium: 73.74mg (7.37%), Folate: 18.11µg (4.53%), Fiber: 1.07g (4.26%), Vitamin C: 1.56mg (1.9%)