



Mendocino Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



6

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blanched slivered almonds
- 3 stalks celery diced
- 6 ounce chicken breast smoked skinless cubed
- 0.3 cup basil leaves fresh cut into thin strips
- 1 cup grapes seedless halved
- 0.8 cup mayonnaise
- 0.5 cup onion diced red

Equipment

bowl

Directions

In a large bowl, combine the smoked chicken, grapes, red onion, celery, basil, almonds, and mayonnaise.

Mix well; chill and serve.

Nutrition Facts



PROTEIN 11.71% **FAT 77.35%** **CARBS 10.94%**

Properties

Glycemic Index:37.5, Glycemic Load:2.44, Inflammation Score:-5, Nutrition Score:12.170869487783%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 354.65kcal (17.73%), Fat: 31.23g (48.04%), Saturated Fat: 4.18g (26.1%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 7.37g (2.68%), Sugar: 5.73g (6.37%), Cholesterol: 29.9mg (9.97%), Sodium: 231.18mg (10.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.64g (21.27%), Vitamin K: 59.43µg (56.6%), Vitamin E: 5.36mg (35.73%), Manganese: 0.4mg (20.18%), Vitamin B3: 3.72mg (18.61%), Phosphorus: 166.25mg (16.63%), Magnesium: 61.83mg (15.46%), Selenium: 10.47µg (14.95%), Vitamin B6: 0.29mg (14.46%), Copper: 0.25mg (12.29%), Vitamin B2: 0.19mg (11.47%), Fiber: 2.57g (10.28%), Potassium: 351.6mg (10.05%), Calcium: 61.49mg (6.15%), Vitamin B5: 0.59mg (5.89%), Folate: 22.27µg (5.57%), Vitamin B1: 0.08mg (5.56%), Zinc: 0.82mg (5.44%), Iron: 0.94mg (5.25%), Vitamin A: 187.39IU (3.75%), Vitamin C: 2.93mg (3.55%), Vitamin B12: 0.09µg (1.5%)