



Mendocino Chicken Salad Sandwich1

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 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
- ☐ 6 leaf lettuce leaves green
- ☐ 0.5 cup mayonnaise low-fat, low sodium
- ☐ 0.5 cup onion diced red

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12 slices earth grains® honey wheat berry bread

Equipment

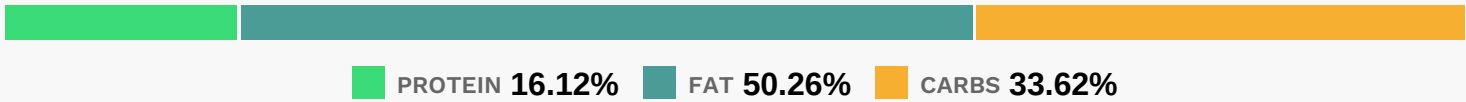
☐

bowl

Directions

- ☐ In a large bowl, combine the smoked chicken, grapes, red onion, celery, basil, almonds and mayonnaise.
- ☐ Mix well; chill for about 30 minutes.
- ☐ To serve, spoon about 3/4 cup of the salad onto 6 slices of bread. Top each one with a lettuce leaf, and remaining slices of bread.

Nutrition Facts



Properties

Glycemic Index:49.12, Glycemic Load:16.89, Inflammation Score:-6, Nutrition Score:17.949565257715%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg 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: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 380.47kcal (19.02%), Fat: 21.51g (33.09%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 27.32g (9.93%), Sugar: 7.74g (8.6%), Cholesterol: 25.98mg (8.66%), Sodium: 422.49mg (18.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.52g (31.05%), Manganese: 1.44mg (71.8%), Vitamin K: 49.85µg (47.48%), Selenium: 24.42µg (34.88%), Vitamin B3: 5.89mg (29.46%), Phosphorus: 240.01mg (24%), Vitamin E: 3.22mg (21.47%), Magnesium: 80.86mg (20.22%), Fiber: 5.05g (20.21%), Vitamin B6: 0.4mg (20%), Vitamin B1: 0.28mg (18.99%), Copper: 0.28mg (13.92%), Vitamin B2: 0.22mg (13.12%), Calcium: 131.14mg (13.11%), Potassium: 432.36mg (12.35%), Iron: 2.07mg (11.51%), Folate: 41.29µg (10.32%), Zinc: 1.52mg (10.14%), Vitamin B5: 0.93mg (9.3%), Vitamin A: 256.42IU (5.13%), Vitamin C: 3.02mg (3.67%), Vitamin B12: 0.08µg (1.32%)