



Michigan Chicken Salad

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

READY IN



60 min.

SERVINGS



6

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup celery diced
- 3 cups meat from a rotisserie chicken diced cooked
- 3 tablespoons dijon mustard
- 0.3 cup cherries dried chopped
- 6 servings ground pepper black to taste
- 0.8 cup mayonnaise
- 0.3 cup onion diced
- 0.5 teaspoon poultry seasoning

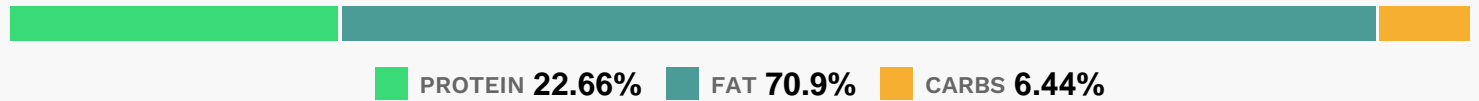
Equipment

- bowl
- whisk

Directions

- Combine the chicken, celery, onion, and cherries in a bowl.
- Whisk together the mayonnaise, mustard, and poultry seasoning in a separate bowl; pour over the chicken mixture and toss to combine. Season with pepper. Chill at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:9.3317392131557%

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 Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 332.54kcal (16.63%), Fat: 25.88g (39.81%), Saturated Fat: 4.58g (28.59%), Carbohydrates: 5.29g (1.76%), Net Carbohydrates: 4.2g (1.53%), Sugar: 3.28g (3.65%), Cholesterol: 64.26mg (21.42%), Sodium: 320.67mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.61g (37.22%), Vitamin K: 49.75µg (47.38%), Selenium: 20.5µg (29.28%), Vitamin B3: 5.6mg (28%), Vitamin B6: 0.31mg (15.56%), Phosphorus: 152.78mg (15.28%), Zinc: 1.18mg (7.88%), Vitamin B5: 0.78mg (7.81%), Vitamin B2: 0.12mg (7.07%), Iron: 1.21mg (6.7%), Vitamin E: 0.97mg (6.48%), Potassium: 211.24mg (6.04%), Vitamin A: 274.38IU (5.49%), Magnesium: 20.72mg (5.18%), Vitamin B1: 0.07mg (4.38%), Fiber: 1.09g (4.36%), Manganese: 0.09mg (4.33%), Vitamin B12: 0.24µg (3.94%), Copper: 0.06mg (2.95%), Calcium: 26.91mg (2.69%), Folate: 9.97µg (2.49%)