



Napa Valley Chicken Salad



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery diced
- ☐ 8 ounces meat from a rotisserie chicken diced cooked
- ☐ 1 teaspoon dijon mustard
- ☐ 2 green onions finely chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 cup grapes red seedless halved
- ☐ 0.5 cup salad dressing hidden valley® original ranch®

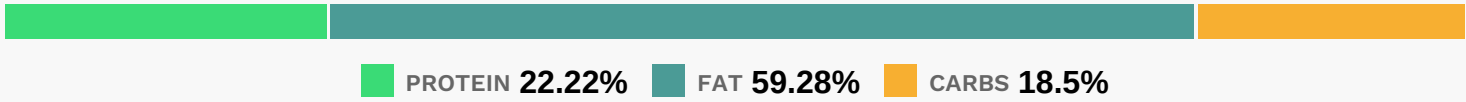
Equipment

☐ bowl

Directions

- ☐ In a small bowl, combine the dressing and mustard and stir until well blended.
- ☐ In a large bowl, combine the chicken, grapes, celery, pecans and green onion.
- ☐ Add the dressing to the salad and toss until evenly coated. Chill covered for two hours before serving.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:3.25, Inflammation Score:-4, Nutrition Score:11.464347808257%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 282.96kcal (14.15%), Fat: 19.02g (29.27%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.22g (4.08%), Sugar: 10.01g (11.12%), Cholesterol: 42.52mg (14.17%), Sodium: 369.88mg (16.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.09%), Vitamin K: 42.23µg (40.22%), Manganese: 0.64mg (32.16%), Vitamin B3: 4.84mg (24.21%), Selenium: 15.61µg (22.29%), Vitamin B6: 0.33mg (16.65%), Phosphorus: 164.73mg (16.47%), Copper: 0.25mg (12.45%), Vitamin B1: 0.16mg (10.65%), Potassium: 361.44mg (10.33%), Zinc: 1.53mg (10.22%), Magnesium: 35.57mg (8.89%), Vitamin B2: 0.15mg (8.58%), Fiber: 2.14g (8.57%), Iron: 1.37mg (7.61%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 0.99mg (6.63%), Folate: 19.33µg (4.83%), Vitamin A: 239.75IU (4.79%), Vitamin C: 3.38mg (4.09%), Calcium: 38.27mg (3.83%), Vitamin B12: 0.16µg (2.74%)