



## Neely's Chicken Salad in Tomato Cups

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

READY IN



20 min.

SERVINGS



6

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 large beefsteak tomatoes
- 1 head boston lettuce
- 1 rib celery chopped
- 6 servings kosher salt and pepper black freshly ground
- 0.8 cup mayonnaise
- 3 cups grapes red seedless halved
- 0.5 small onion diced red
- 1 rotisserie chicken cut diced shredded skinless

- 1 shallots chopped
- 1 cup slivered almonds
- 2 tablespoons freshly tarragon leaves chopped
- 2 tablespoons citrus champagne vinegar

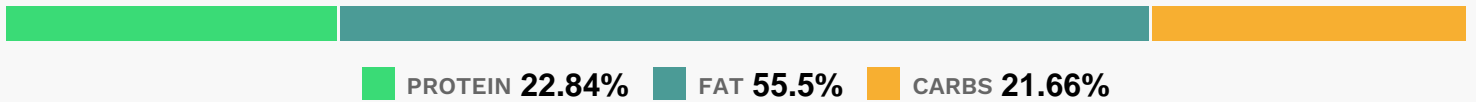
## Equipment

- bowl
- knife
- melon baller

## Directions

- Mix first 10 ingredients in a large bowl.
- Core tops of tomatoes with a paring knife. Using a melon baller, scoop out the insides of the tomatoes.
- Lay a leaf of lettuce in each tomato so it peeks out the top. Fill the tomatoes with a large scoop of the chicken salad and serve.

## Nutrition Facts



## Properties

Glycemic Index:55.83, Glycemic Load:10.76, Inflammation Score:-10, Nutrition Score:27.736521739027%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg, Naringenin: 2.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

## Nutrients (% of daily need)

Calories: 610.22kcal (30.51%), Fat: 39.14g (60.22%), Saturated Fat: 6.32g (39.52%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 26.57g (9.66%), Sugar: 22.58g (25.09%), Cholesterol: 107.76mg (35.92%), Sodium: 547.72mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.47%), Vitamin K: 111.6µg (106.28%), Vitamin A: 3899.82IU (78%), Vitamin C: 52.21mg (63.28%), Manganese: 1.13mg (56.41%), Vitamin E: 7.56mg (50.4%), Potassium: 1253.68mg (35.82%), Fiber: 7.8g (31.19%), Magnesium: 105.37mg (26.34%), Copper: 0.52mg (25.82%), Vitamin B6: 0.47mg (23.41%), Folate: 91.29µg (22.82%), Vitamin B2: 0.38mg (22.33%), Phosphorus: 211.18mg (21.12%), Iron: 3.11mg (17.27%), Vitamin B1: 0.25mg (16.39%), Vitamin B3: 3.14mg (15.7%), Calcium: 132.75mg (13.28%), Zinc: 1.41mg (9.43%), Vitamin B5: 0.54mg (5.39%), Selenium: 1.82µg (2.61%)