



Nutty Orange Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 ounces boston lettuce for serving
- ☐ 15 ounce mandarin orange segents drained for garnish canned
- ☐ 1 rib celery diced
- ☐ 2 cups meat from a rotisserie chicken diced cooked
- ☐ 2 large eggs hard cooked peeled chopped
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 0.5 cup mayonnaise

- ☐ 1 teaspoon salt
- ☐ 0.3 cup scallions light white green sliced
- ☐ 0.5 cup walnuts toasted chopped

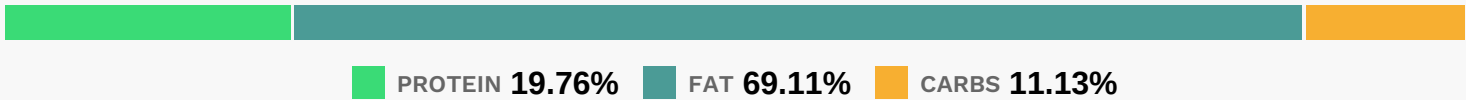
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine the celery, chicken, eggs, walnuts, scallions, mayonnaise, lemon juice, salt, and pepper.
- ☐ Divide the greens equally among 4 to 6 plates.
- ☐ Serve the chicken over the greens and garnish with the orange segments.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:14.31086963156%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 325.38kcal (16.27%), Fat: 25.26g (38.86%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 7.33g (2.66%), Sugar: 6.67g (7.41%), Cholesterol: 105.01mg (35%), Sodium: 567.08mg (24.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.51%), Vitamin K: 54.19µg (51.61%), Vitamin C: 26.11mg (31.65%), Vitamin A: 1562.52IU (31.25%), Selenium: 17.93µg (25.61%), Vitamin B3: 4.19mg (20.95%), Manganese: 0.4mg (20.06%), Phosphorus: 170.37mg (17.04%), Vitamin B6: 0.31mg (15.57%), Vitamin B2: 0.21mg (12.18%), Copper: 0.22mg (11.25%), Zinc: 1.64mg (10.92%), Vitamin B1: 0.15mg (9.89%), Magnesium: 37.94mg (9.49%), Folate: 37.13µg (9.28%), Potassium: 320.67mg (9.16%), Iron: 1.54mg (8.53%), Vitamin B5: 0.8mg (8.04%), Fiber: 1.82g (7.27%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.34µg (5.71%), Calcium: 42.59mg (4.26%), Vitamin D:

0.4µg (2.69%)