



Our Favorite Chicken Salad

 **Gluten Free**

READY IN



5 min.

SERVINGS



2

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stalk celery sliced
- 1 Tbsp knudsen cream sour
- 1 Tbsp real mayo mayonnaise kraft
- 1 cup meat from a rotisserie chicken shredded cooked

Equipment

Directions

Combine all ingredients.

Serve with crackers, or as a sandwich filling.

Nutrition Facts

PROTEIN 41.03% **FAT 56.87%** **CARBS 2.1%**

Properties

Glycemic Index:41, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:7.0126086745573%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 178.5kcal (8.93%), Fat: 11g (16.92%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 0.91g (0.3%), Net Carbohydrates: 0.59g (0.21%), Sugar: 0.51g (0.57%), Cholesterol: 58.94mg (19.65%), Sodium: 114.18mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Vitamin B3: 5.59mg (27.93%), Selenium: 17.68µg (25.26%), Vitamin K: 17.2µg (16.38%), Vitamin B6: 0.3mg (15.24%), Phosphorus: 145.21mg (14.52%), Vitamin B5: 0.76mg (7.62%), Zinc: 1.12mg (7.47%), Vitamin B2: 0.13mg (7.39%), Potassium: 221.18mg (6.32%), Iron: 0.91mg (5.03%), Magnesium: 17.57mg (4.39%), Vitamin B12: 0.22µg (3.73%), Vitamin B1: 0.05mg (3.3%), Vitamin A: 160.37IU (3.21%), Folate: 11.4µg (2.85%), Copper: 0.05mg (2.46%), Calcium: 23.01mg (2.3%), Vitamin E: 0.3mg (2.02%), Manganese: 0.03mg (1.68%), Fiber: 0.32g (1.28%)