



Party Chicken Salad

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

READY IN



20 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 sprigs garnishes: basil blackberries fresh
- 4 cups chicken breast cooked chopped
- 2 tablespoons basil fresh chopped
- 0.5 cup mayonnaise
- 4 small peaches fresh diced firm ripe peeled
- 1 cup pecans chopped
- 0.5 teaspoon pepper freshly ground
- 0.5 teaspoon salt

0.3 cup onion sweet minced

Equipment

bowl

frying pan

baking sheet

oven

wire rack

Directions

Preheat oven to 35

Bake pecans in a single layer on a baking sheet 5 to 7 minutes or until lightly toasted and fragrant. Cool completely in pan on a wire rack (about 15 minutes).

Stir together mayonnaise and next 4 ingredients in a large bowl. Fold in pecans, chicken, and peaches; cover and chill 2 hours.

Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:3.16, Inflammation Score:-5, Nutrition Score:17.734347991321%

Flavonoids

Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg, Cyanidin: 3.62mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg, Epigallocatechin: 1.92mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 445.65kcal (22.28%), Fat: 30.63g (47.12%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 8.86g (3.22%), Sugar: 8.44g (9.38%), Cholesterol: 87.17mg (29.06%), Sodium: 393.26mg (17.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.69g (63.38%), Vitamin B3: 13.73mg (68.64%), Manganese: 0.93mg (46.29%), Selenium: 28.74µg (41.06%), Vitamin K: 38.39µg (36.56%), Vitamin B6: 0.63mg (31.6%), Phosphorus: 288.73mg (28.87%), Copper: 0.34mg (17.24%), Magnesium: 57.7mg (14.42%), Vitamin B1: 0.21mg (14.08%), Zinc: 2mg (13.35%), Fiber: 3.16g (12.65%), Potassium: 436.02mg (12.46%), Vitamin B5: 1.23mg (12.33%), Vitamin E: 1.76mg (11.75%), Iron: 1.83mg (10.17%), Vitamin B2: 0.16mg (9.58%), Vitamin A: 378.17IU (7.56%), Vitamin B12: 0.34µg (5.66%), Vitamin C: 4.25mg (5.16%), Folate: 16.1µg (4.03%), Calcium: 35.64mg (3.56%)