



## Poppy Seed Chicken Salad

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken salad prepared
- 0.5 cup roasted pecans toasted
- 5 servings pita chips
- 0.3 cup poppy seed salad dressing
- 0.5 cup grapes green red seedless halved

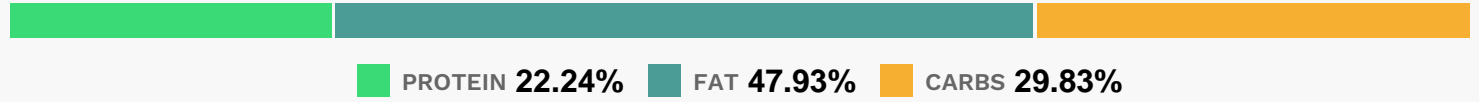
### Equipment

- bowl

## Directions

- Combine first 4 ingredients in a bowl. Cover and chill until ready to serve.
- Serve with crackers or pita chips.

## Nutrition Facts



## Properties

Glycemic Index:11.2, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:11.703478497008%

## Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

## Nutrients (% of daily need)

Calories: 328.51kcal (16.43%), Fat: 17.6g (27.08%), Saturated Fat: 2.36g (14.72%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.5g (8.18%), Sugar: 5.34g (5.93%), Cholesterol: 42mg (14%), Sodium: 398.1mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.75%), Selenium: 23.67µg (33.81%), Vitamin B3: 6.54mg (32.72%), Manganese: 0.65mg (32.65%), Vitamin B1: 0.27mg (17.98%), Phosphorus: 174.45mg (17.44%), Vitamin E: 2.37mg (15.77%), Vitamin B6: 0.3mg (15.07%), Iron: 2.3mg (12.77%), Vitamin B2: 0.19mg (11.28%), Folate: 43.08µg (10.77%), Zinc: 1.59mg (10.58%), Copper: 0.21mg (10.58%), Vitamin K: 9.47µg (9.02%), Magnesium: 35.74mg (8.94%), Fiber: 2.15g (8.6%), Vitamin B5: 0.78mg (7.77%), Potassium: 243.66mg (6.96%), Vitamin B12: 0.16µg (2.71%), Calcium: 21.45mg (2.14%)