



Qn apple picking party & picnic



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

Ingredients

- ☐ 1 apples fresh cored chopped (and)
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 3 ribs celery chopped ()
- ☐ 2 cup meat from a rotisserie chicken cooked
- ☐ 1 cup table grapes black halved
- ☐ 1 cup mayonnaise homemade (preferably)
- ☐ 2 tbsp onion red minced
- ☐ 1 dash unrefined sea salt

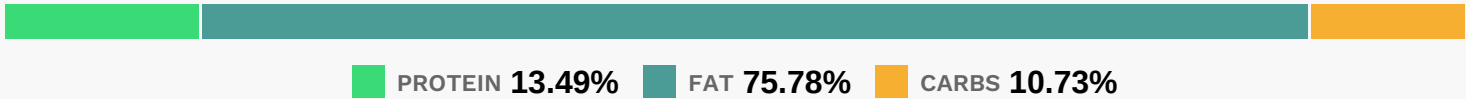
Equipment

☐ mixing bowl

Directions

- ☐ Toss cooked chicken, chopped apple, celery, onion and halved grapes into a large mixing bowl and give them a good stir.Fold in one cup homemade mayonnaise, dash salt and a sprinkling of freshly ground pepper and continue folding until all the ingredients are well-coated by the mayonnaise.
- ☐ Serve immediately or pack it into a cooler and hit the road.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:3.37, Inflammation Score:-3, Nutrition Score:8.9252172449361%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 369.32kcal (18.47%), Fat: 31.15g (47.93%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 8.57g (3.12%), Sugar: 7.68g (8.53%), Cholesterol: 50.68mg (16.89%), Sodium: 295.49mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.47g (24.95%), Vitamin K: 71.23µg (67.84%), Vitamin B3: 3.82mg (19.11%), Selenium: 12.47µg (17.81%), Vitamin B6: 0.25mg (12.37%), Phosphorus: 111.73mg (11.17%), Vitamin E: 1.38mg (9.22%), Potassium: 253.06mg (7.23%), Vitamin B2: 0.11mg (6.69%), Vitamin B5: 0.6mg (6.04%), Zinc: 0.83mg (5.52%), Fiber: 1.36g (5.43%), Iron: 0.83mg (4.59%), Copper: 0.08mg (4.17%), Vitamin B1: 0.06mg (4.07%), Magnesium: 16.16mg (4.04%), Manganese: 0.08mg (3.84%), Vitamin C: 3.07mg (3.72%), Folate: 13.46µg (3.37%), Vitamin A: 166.8IU (3.34%), Vitamin B12: 0.18µg (3%), Calcium: 22.14mg (2.21%)