



Rachel's Cranberry Chicken Salad

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

READY IN



15 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast strips/pre-cooked/chopped cooked chopped
- 0.3 teaspoon dill dried
- 0.3 apple shredded green
- 2 spring onion chopped
- 1 tablespoon juice of lime
- 0.5 cup mayonnaise to taste
- 0.3 cup pecans chopped
- 1 pinch salt and pepper black to taste

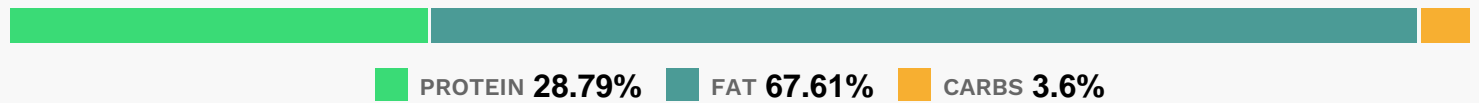
Equipment

bowl

Directions

- Mix together the chicken and mayonnaise in a bowl, stir to coat well, then stir in the green onions, dried cranberries, apple, pecans, lime juice, salt, pepper, and dill weed.
- Serve immediately, or refrigerate several hours or overnight (the flavor just gets better).

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:13.560434587624%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 388.3kcal (19.42%), Fat: 28.96g (44.55%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.82g (2.02%), Cholesterol: 84.86mg (28.29%), Sodium: 252.41mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.48%), Vitamin B3: 11.92mg (59.6%), Vitamin K: 58.83µg (56.03%), Selenium: 24.68µg (35.26%), Vitamin B6: 0.54mg (27.17%), Phosphorus: 225.17mg (22.52%), Manganese: 0.34mg (16.99%), Vitamin B5: 0.95mg (9.53%), Magnesium: 35.81mg (8.95%), Vitamin E: 1.31mg (8.72%), Zinc: 1.24mg (8.29%), Potassium: 288.88mg (8.25%), Vitamin B1: 0.11mg (7.63%), Vitamin B2: 0.12mg (7.1%), Iron: 1.26mg (7.01%), Copper: 0.14mg (6.93%), Vitamin B12: 0.33µg (5.43%), Fiber: 1.11g (4.43%), Vitamin C: 2.88mg (3.49%), Folate: 10.9µg (2.72%), Calcium: 26.56mg (2.66%), Vitamin A: 111.57IU (2.23%)