



Sherried Chicken-and-Grape Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 rib celery diced
- ☐ 6 cups meat from a rotisserie chicken cooked chopped
- ☐ 3 cups grapes green sliced
- ☐ 3 green onions minced
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 teaspoon seasoned pepper
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 tablespoons cooking sherry

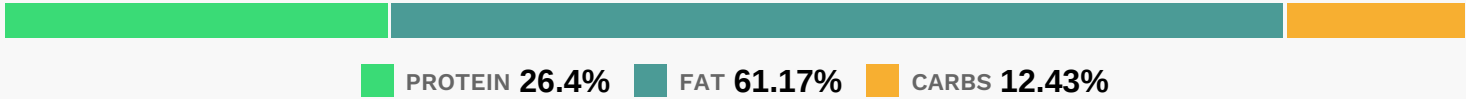
- ☐ 1 cup slivered almonds toasted
- ☐ 0.3 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ Serve chicken salad in small grapefruit halves with pulp removed (line grapefruit halves with leaf lettuce). Create a handle for the grapefruit with florist wire, florist tape, and small silk flowers. Bend wire to form handle, insert into citrus shell, and decorate.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:4.76, Inflammation Score:-4, Nutrition Score:16.618695685397%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 454.48kcal (22.72%), Fat: 30.9g (47.54%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 11.78g (4.28%), Sugar: 9.87g (10.97%), Cholesterol: 91.81mg (30.6%), Sodium: 362.07mg (15.74%), Alcohol: 0.39g (100%), Alcohol %: 0.23% (100%), Protein: 30.01g (60.01%), Vitamin K: 52.21µg (49.73%), Vitamin B3: 8.91mg (44.53%), Selenium: 27.23µg (38.9%), Phosphorus: 290.33mg (29.03%), Vitamin E: 4.31mg (28.71%), Vitamin B6: 0.51mg (25.37%), Vitamin B2: 0.37mg (21.68%), Manganese: 0.4mg (19.85%), Magnesium: 64.91mg (16.23%), Zinc: 2.14mg (14.24%), Copper: 0.28mg (14.09%), Potassium: 478.17mg (13.66%), Vitamin B5: 1.18mg (11.8%), Iron: 2.11mg (11.75%), Fiber: 2.35g (9.4%), Vitamin B1: 0.14mg (9.22%), Calcium: 67.84mg (6.78%),

Vitamin B12: 0.34µg (5.75%), Folate: 16.83µg (4.21%), Vitamin A: 185.66IU (3.71%), Vitamin C: 2.73mg (3.31%)