



WHATSheATE



Shredded Chicken and Corn Salad



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 2 chicken breast shredded
- ☐ 1 cup corn kernels cooked
- ☐ 0.3 cup crème fraîche
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 juice of lime
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons onions shredded

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6 servings salt and pepper freshly ground to taste

Equipment

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bowl

☐

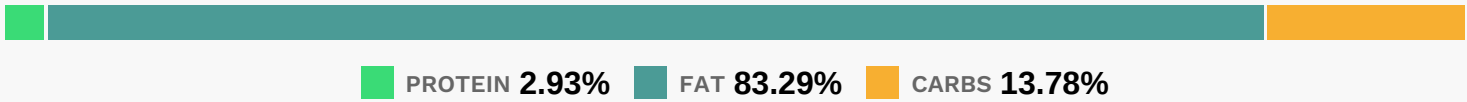
whisk

Directions

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In a bowl, whisk together the mayonnaise, salt, pepper, the lime juice, crema fresca, cumin and onions until blended and smooth.Fold in the chicken, corn and carrots.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:4.8521738518839%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 171.42kcal (8.57%), Fat: 16.23g (24.96%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.34g (2.6%), Cholesterol: 13.74mg (4.58%), Sodium: 379.26mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin A: 1868.62IU (37.37%), Vitamin K: 32.01µg (30.49%), Vitamin E: 0.75mg (5.02%), Fiber: 0.92g (3.68%), Folate: 14.56µg (3.64%), Vitamin B2: 0.05mg (3.07%), Phosphorus: 29.88mg (2.99%), Manganese: 0.06mg (2.84%), Potassium: 96.01mg (2.74%), Vitamin C: 2.16mg (2.61%), Vitamin B3: 0.42mg (2.12%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (1.85%), Calcium: 17.57mg (1.76%), Magnesium: 6.89mg (1.72%), Vitamin B1: 0.02mg (1.59%), Selenium: 1.06µg (1.52%), Zinc: 0.19mg (1.27%), Iron: 0.22mg (1.23%), Copper: 0.02mg (1.11%)