



SKINNY GREEK YOGURT CHICKEN SALAD

READY IN



20 min.

SERVINGS



8

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup celery chopped (4 stalks)
- 25 oz chicken breast chunk canned
- 0.5 cup cucumber chopped quartered
- 4 tablespoons relish
- 2 tablespoons flaxseeds (we used Chia)
- 0.1 teaspoon garlic salt
- 8 servings grape nuts (best applied at time of eating-HIGHLY RECOMMENDED)
- 0.5 cup grapes sliced

- 2 teaspoons hot sauce (add more if you live a spicy life)
- 0.1 teaspoon kosher salt
- 0.3 medium optional: lemon
- 1 cup greek yogurt plain
- 2 tablespoons honey raw
- 2 tablespoons mustard yellow

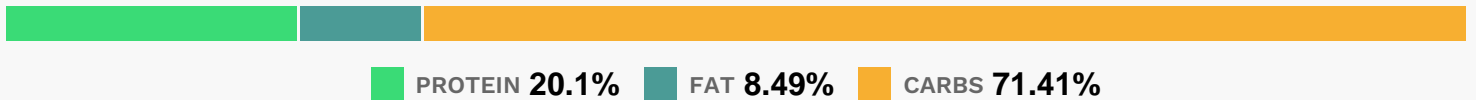
Equipment

- bowl

Directions

- Combine chicken, greek yogurt, honey, mustard, dill relish, and chia seed into large bowl.
- Mix together until chicken is shredded.
- Add and mix in, chopped cucumber, celery, and grapes.
- Add garlic salt to taste. Squeeze lemon, add salt and pepper into chicken salad and combine. When making a sandwich, salad, or wrap, sprinkle grape nuts over the top for a crunch.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:34.187391177468%

Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 551.63kcal (27.58%), Fat: 5.51g (8.47%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 104.14g (34.71%), Net Carbohydrates: 87.64g (31.87%), Sugar: 17.65g (19.62%), Cholesterol: 40.62mg (13.54%), Sodium: 1112.8mg (48.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.61%), Manganese: 3.87mg (193.61%), Iron: 32.91mg (182.82%), Folate: 409.16µg (102.29%), Fiber: 16.51g (66.02%), Phosphorus: 572.44mg (57.24%), Vitamin B1: 0.82mg (54.57%), Vitamin B6: 1.04mg (52.03%), Vitamin B3: 10.21mg (51.04%), Vitamin A: 2155.22IU (43.1%), Magnesium: 160.45mg (40.11%), Copper: 0.46mg (23.02%), Selenium: 12.59µg (17.99%), Zinc: 2.6mg (17.35%), Potassium: 567.63mg (16.22%), Vitamin B5: 1.12mg (11.16%), Vitamin B2: 0.17mg (9.89%), Calcium: 88.04mg (8.8%), Vitamin K: 8.29µg (7.89%), Vitamin E: 0.8mg (5.34%), Vitamin C: 3.74mg (4.54%)