



Spicy Chicken Salad

 Dairy Free

READY IN



200 min.

SERVINGS



20

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup celery finely chopped
- 2 tsp chili powder
- 1 dash ground cinnamon
- 0.5 tsp ground pepper red (cayenne)
- 0.3 cup juice of lemon
- 0.3 cup onion finely chopped
- 6 cups grapes green red
- 0.3 cup mayo reduced fat mayonnaise light kraft

- 30 saltines
- 3 cups meat from a rotisserie chicken shredded cooked

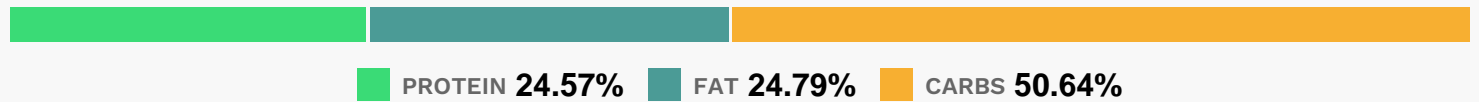
Equipment

- bowl

Directions

- Toss chicken, celery and onions in large bowl.
- Mix next 5 ingredients until blended.
- Add to chicken mixture; mix lightly.
- Refrigerate several hours or until chilled.
- Serve each portion with 1 cup grapes and 5 crackers.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:4.1191304144652%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 97.14kcal (4.86%), Fat: 2.74g (4.22%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 12.61g (4.2%), Net Carbohydrates: 11.85g (4.31%), Sugar: 7.46g (8.29%), Cholesterol: 16.35mg (5.45%), Sodium: 96.48mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin B3: 2.08mg (10.4%), Vitamin K: 10.85µg (10.33%), Selenium: 5.86µg (8.37%), Vitamin B6: 0.14mg (7.12%), Phosphorus: 57.13mg (5.71%), Vitamin B1: 0.08mg (5.3%), Vitamin B2: 0.09mg (5.3%), Manganese: 0.09mg (4.72%), Potassium: 162.6mg (4.65%), Iron: 0.74mg (4.11%), Copper: 0.08mg (4.1%), Vitamin C: 2.94mg (3.57%), Fiber: 0.76g (3.05%), Vitamin A: 151.67IU (3.03%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.27mg (2.66%), Folate: 10.29µg (2.57%), Magnesium: 9.92mg (2.48%), Vitamin E: 0.35mg

(2.33%), Calcium: 11.39mg (1.14%), Vitamin B12: 0.06µg (1.08%)