



## Strawberry Chicken Salad



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 cups roasted chicken cooked chopped
- ☐ 3 tablespoons basil fresh chopped
- ☐ 0.3 cup spring onion minced
- ☐ 1 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup poppy seeds
- ☐ 20 servings salt to taste
- ☐ 2 cups strawberries fresh diced

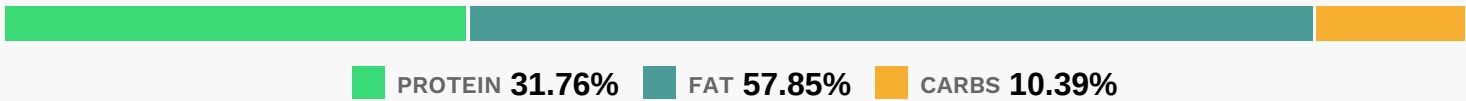
# Equipment

☐ bowl

# Directions

☐ Stir together poppy-seed dressing, minced green onions, chopped fresh basil, and freshly ground pepper in a large bowl. Fold in chicken and strawberries; add salt to taste. Cover and chill 2 hours. Stir in pecans just before serving.

# Nutrition Facts



# Properties

Glycemic Index:9.45, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:5.6530434722486%

# Flavonoids

Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg, Cyanidin: 0.77mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg, Delphinidin: 0.41mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

# Nutrients (% of daily need)

Calories: 99.29kcal (4.96%), Fat: 6.51g (10.01%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.01g (1.12%), Cholesterol: 21mg (7%), Sodium: 215.81mg (9.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.04g (16.08%), Manganese: 0.46mg (23.15%), Vitamin B3: 2.35mg (11.76%), Vitamin C: 8.84mg (10.71%), Selenium: 7.48µg (10.69%), Phosphorus: 93.39mg (9.34%), Vitamin B6: 0.14mg (6.98%), Copper: 0.13mg (6.3%), Zinc: 0.88mg (5.84%), Magnesium: 22.95mg (5.74%), Fiber: 1.3g (5.2%), Vitamin B1: 0.08mg (5.05%), Calcium: 46.85mg (4.69%), Iron: 0.8mg (4.45%), Vitamin K: 4.4µg (4.19%), Potassium: 129.46mg (3.7%), Vitamin B5: 0.34mg (3.43%), Vitamin B2: 0.05mg (3.21%), Folate: 9.01µg (2.25%), Vitamin B12: 0.08µg (1.35%),

Vitamin E: 0.17mg (1.1%)