



Sunflower Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery thinly sliced
- ☐ 1 cup cheddar cheese cubed
- ☐ 2 cups rotisserie chicken breast meat cubed cooked
- ☐ 0.5 cup grapes green seedless halved
- ☐ 0.5 cup mayonnaise
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup sunflower seeds

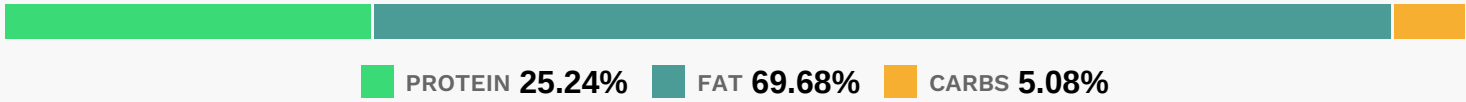
Equipment

☐ bowl

Directions

- ☐ In a large bowl combine the chicken, cheese, sunflower seeds, celery, grapes, mayonnaise and salt and pepper to taste.
- ☐ Mix all together and serve on rolls or lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:1.98, Inflammation Score:-5, Nutrition Score:17.342174079107%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 483.98kcal (24.2%), Fat: 37.4g (57.54%), Saturated Fat: 9.79g (61.21%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.14g (1.87%), Sugar: 3.48g (3.87%), Cholesterol: 99.51mg (33.17%), Sodium: 614.33mg (26.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.97%), Vitamin B3: 10.37mg (51.83%), Vitamin K: 51.13µg (48.7%), Selenium: 32.44µg (46.35%), Phosphorus: 355.43mg (35.54%), Vitamin E: 4.32mg (28.78%), Vitamin B6: 0.58mg (28.76%), Calcium: 223.53mg (22.35%), Vitamin B2: 0.26mg (15.07%), Zinc: 2.22mg (14.8%), Magnesium: 57.45mg (14.36%), Vitamin B1: 0.2mg (13.22%), Copper: 0.23mg (11.3%), Manganese: 0.2mg (10.02%), Vitamin B5: 0.96mg (9.6%), Vitamin B12: 0.57µg (9.52%), Potassium: 313.08mg (8.94%), Folate: 31.79µg (7.95%), Iron: 1.35mg (7.52%), Vitamin A: 360.95IU (7.22%), Fiber: 0.99g (3.96%), Vitamin D: 0.3µg (1.97%), Vitamin C: 0.92mg (1.11%)