



Tarragon Chicken Salad



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken meat cooked finely chopped
- ☐ 0.3 cup cranberries dried finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoons tarragon dried fresh chopped (or 1-2 tablespoons tarragon)
- ☐ 4 servings salt and pepper to taste

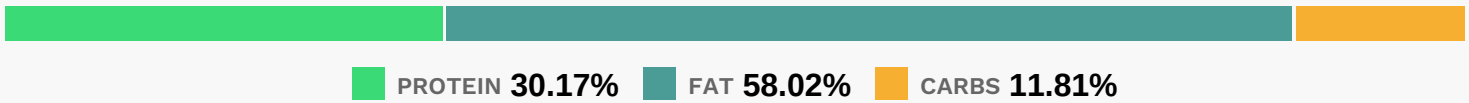
Equipment

☐ bowl

Directions

- ☐ Make the dressing: In a large bowl mix the mayonnaise, lemon juice, and tarragon.
- ☐ Add the chicken, dried cranberries and celery.
- ☐ Add salt and pepper to taste.
- ☐ Serve with lettuce for a simple salad, in a tomato that has been cut open for a stuffed tomato, or with slices of bread for a chicken salad sandwich.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:7.6234782441803%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 238.58kcal (11.93%), Fat: 15.25g (23.46%), Saturated Fat: 2.93g (18.29%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.38g (2.32%), Sugar: 5.75g (6.38%), Cholesterol: 58.38mg (19.46%), Sodium: 343.89mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.84g (35.68%), Vitamin B3: 5.64mg (28.18%), Selenium: 17.65µg (25.22%), Vitamin K: 26.33µg (25.07%), Vitamin B6: 0.31mg (15.55%), Phosphorus: 142.01mg (14.2%), Zinc: 1.13mg (7.51%), Vitamin B5: 0.75mg (7.47%), Vitamin B2: 0.12mg (7.07%), Iron: 1.09mg (6.06%), Potassium: 209.24mg (5.98%), Magnesium: 18.06mg (4.51%), Vitamin E: 0.65mg (4.31%), Manganese: 0.08mg (4.19%), Vitamin B12: 0.22µg (3.66%), Vitamin B1: 0.05mg (3.3%), Copper: 0.05mg (2.73%), Fiber: 0.6g (2.41%), Folate: 9.42µg (2.36%), Vitamin A: 103.78IU (2.08%), Calcium: 20.09mg (2.01%), Vitamin C: 1.06mg (1.28%)