



Tarragon-Chicken Salad

 **Gluten Free**  **Low Fod Map**

READY IN



255 min.

SERVINGS



15

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup miracle whip free dressing
- 2 cups grapes red seedless
- 1.3 lb chicken breasts boneless skinless cubed cooked
- 1 tsp tarragon leaves dried

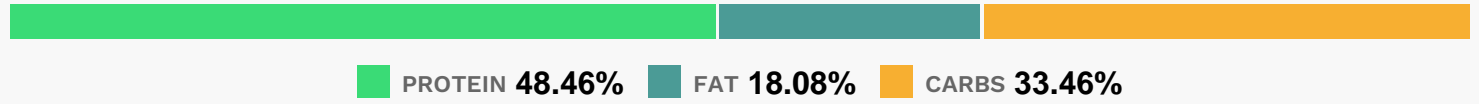
Equipment

- bowl

Directions

- Mix dressing and tarragon in large bowl.
- Add chicken and grapes; mix lightly.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.73, Glycemic Load:1.62, Inflammation Score:-1, Nutrition Score:4.2060869310213%

Nutrients (% of daily need)

Calories: 68.01kcal (3.4%), Fat: 1.36g (2.1%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 5.24g (1.91%), Sugar: 4.43g (4.93%), Cholesterol: 25.34mg (8.45%), Sodium: 144.79mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Vitamin B3: 3.99mg (19.95%), Selenium: 12.12µg (17.32%), Vitamin B6: 0.3mg (15.15%), Phosphorus: 84.38mg (8.44%), Vitamin B5: 0.55mg (5.49%), Potassium: 187.78mg (5.37%), Vitamin B2: 0.05mg (3.14%), Magnesium: 11.61mg (2.9%), Vitamin K: 3.02µg (2.87%), Vitamin B1: 0.04mg (2.56%), Copper: 0.04mg (1.82%), Fiber: 0.43g (1.73%), Zinc: 0.24mg (1.58%), Iron: 0.26mg (1.46%), Manganese: 0.03mg (1.42%), Vitamin C: 1.15mg (1.4%), Vitamin B12: 0.08µg (1.26%)