



Tarragon Chicken Salad II



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups celery chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 1.5 teaspoons tarragon fresh chopped
- ☐ 1.5 cups mayonnaise
- ☐ 1 cup raisins
- ☐ 1 cup onion diced red
- ☐ 1 pound chicken breast halves boneless skinless

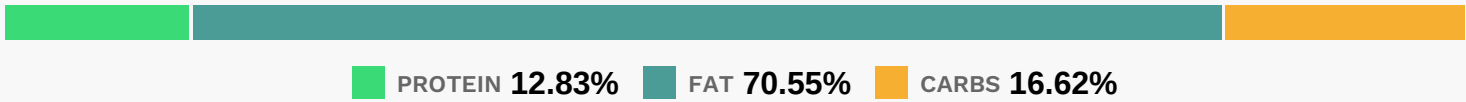
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ Arrange the chicken in the baking dish, cover, and bake 25 minutes in the preheated oven, until juices run clear.
- ☐ Remove from heat, cool, and shred.
- ☐ In a large bowl, mix the shredded chicken, celery, tarragon, parsley, mayonnaise, raisins, and onion. Refrigerate 1 hour, or until chilled, before serving.

Nutrition Facts



Properties

Glycemic Index:44.97, Glycemic Load:11.25, Inflammation Score:-8, Nutrition Score:18.025217336157%

Flavonoids

Apigenin: 22.27mg, Apigenin: 22.27mg, Apigenin: 22.27mg, Apigenin: 22.27mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 557.79kcal (27.89%), Fat: 44.16g (67.94%), Saturated Fat: 7.07g (44.18%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 20.54g (7.47%), Sugar: 1.87g (2.08%), Cholesterol: 71.9mg (23.97%), Sodium: 477.24mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.07g (36.15%), Vitamin K: 262.94µg (250.42%), Vitamin B3: 8.44mg (42.21%), Selenium: 25.89µg (36.99%), Vitamin B6: 0.69mg (34.39%), Vitamin C: 18.52mg (22.45%), Phosphorus: 209.8mg (20.98%), Vitamin A: 1036.39IU (20.73%), Potassium: 665.37mg (19.01%), Vitamin E: 2.13mg (14.19%), Vitamin B5: 1.32mg (13.19%), Fiber: 2.87g (11.47%), Iron: 1.91mg (10.62%), Magnesium: 39.64mg (9.91%), Vitamin B2: 0.17mg (9.9%), Manganese: 0.2mg (9.8%), Folate: 37.28µg (9.32%), Vitamin B1: 0.11mg (7.23%), Copper: 0.14mg (7.08%), Zinc: 0.77mg (5.14%), Calcium: 50.75mg (5.08%), Vitamin B12: 0.22µg (3.64%), Vitamin D: 0.19µg (1.25%)