



The Best Chicken Salad Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 chicken breast strips/pre-cooked/chopped cooked chopped
- 1 stalk celery
- 2 spring onion chopped
- 0.5 cup grapes seedless halved
- 0.8 cup cranberries dried
- 0.5 cup almonds toasted
- 0.8 cup mayonnaise
- 1 tablespoon celery seed

- 1 teaspoon salt
- 4 servings pepper black to taste
- 4 servings bread french

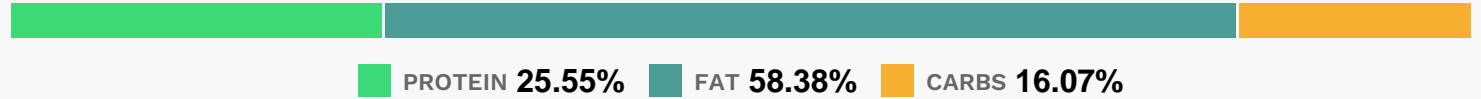
Equipment

- oven

Directions

- Cut chicken into bite sized pieces.
- Chop up grapes, celery, and onion.
- Toast slivered almonds on the broil setting in the oven. Watch them like a hawk--I have burned more almonds, coconut, pecans than I can count.
- Throw this all together with the chicken.
- Add salad dressing, celery seed, paprika and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:70.63, Glycemic Load:2.32, Inflammation Score:-6, Nutrition Score:25.308695652174%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 11.55mg, Luteolin: 11.55mg, Luteolin: 11.55mg, Luteolin: 11.55mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Taste

Sweetness: 36.46%, Saltiness: 100%, Sourness: 12.74%, Bitterness: 15.76%, Savoriness: 66.73%, Fattiness: 96.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 697.14kcal (34.86%), Fat: 45.65g (70.24%), Saturated Fat: 6.97g (43.57%), Carbohydrates: 28.28g (9.43%), Net Carbohydrates: 24.13g (8.77%), Sugar: 20.77g (23.08%), Cholesterol: 127.29mg (42.43%), Sodium: 962.62mg (41.85%), Protein: 44.95g (89.9%), Vitamin B3: 18.65mg (93.27%), Vitamin K: 88.85µg (84.62%), Selenium: 38.01µg (54.3%), Vitamin E: 6.89mg (45.96%), Vitamin B6: 0.85mg (42.62%), Phosphorus: 408.54mg (40.85%), Manganese: 0.66mg (32.99%), Magnesium: 97.73mg (24.43%), Vitamin B2: 0.4mg (23.39%), Iron: 3.09mg (17.14%), Potassium: 583.03mg (16.66%), Fiber: 4.15g (16.6%), Copper: 0.33mg (16.3%), Vitamin B5: 1.49mg (14.94%), Zinc: 2.1mg (14%), Calcium: 110.87mg (11.09%), Vitamin B1: 0.16mg (10.99%), Vitamin B12: 0.49µg (8.15%), Folate: 24.34µg (6.08%), Vitamin A: 173.07IU (3.46%), Vitamin C: 2.34mg (2.84%), Vitamin D: 0.21µg (1.42%)