



WHATSheATE



Three-Apple Chicken Salad



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery thinly sliced
- ☐ 16 ounce chicken-breast halves boneless skinless
- ☐ 0.3 pound gala apple diced
- ☐ 3 ounces apples i use 2 granny smith apples diced
- ☐ 0.3 cup mayonnaise light
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat
- ☐ 3 tablespoons pecans toasted chopped
- ☐ 0.1 teaspoon pepper freshly ground

- ☐ 0.3 pound delicious apple diced red
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons mustard stone-ground
- ☐ 1 teaspoon or dried fresh minced

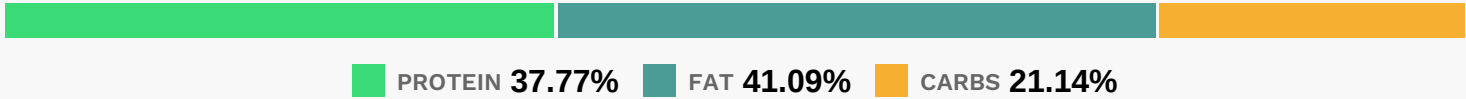
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place chicken in a small saucepan and cover with water; bring to a boil. Cover, remove from heat, and let stand 15 minutes.
- ☐ Drain, cool, and coarsely chop chicken.
- ☐ Combine chicken, apples, celery, and pecans in bowl; toss gently to coat.
- ☐ Whisk together mayonnaise, sour cream, mustard, tarragon, salt, and pepper.
- ☐ Pour dressing over chicken mixture; toss gently to coat. Cover; chill at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:15.289130254932%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 5.93mg, Epicatechin: 5.93mg, Epicatechin: 5.93mg, Epicatechin: 5.93mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 267.66kcal (13.38%), Fat: 12.34g (18.98%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 14.28g (4.76%), Net Carbohydrates: 11.36g (4.13%), Sugar: 9.11g (10.13%), Cholesterol: 76.91mg (25.64%), Sodium: 429.47mg (18.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.03%), Vitamin B3: 12.09mg (60.44%), Selenium: 37.84µg (54.05%), Vitamin B6: 0.92mg (46.07%), Phosphorus: 280.57mg (28.06%), Manganese: 0.45mg (22.59%), Vitamin B5: 1.77mg (17.74%), Potassium: 602.4mg (17.21%), Vitamin K: 13.58µg (12.94%), Magnesium: 47.47mg (11.87%), Fiber: 2.93g (11.71%), Vitamin B2: 0.17mg (9.76%), Vitamin B1: 0.15mg (9.76%), Copper: 0.16mg (7.77%), Zinc: 1.12mg (7.45%), Vitamin C: 5.73mg (6.95%), Vitamin E: 0.83mg (5.51%), Iron: 0.95mg (5.28%), Vitamin B12: 0.25µg (4.2%), Folate: 15.8µg (3.95%), Vitamin A: 189.16IU (3.78%), Calcium: 37.19mg (3.72%)