



Waldorf Chicken Salad



Gluten Free



Dairy Free

READY IN



21 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery diced
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 1 large gala apple diced
- ☐ 0.5 cup dijon honey mustard
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup grapes red seedless halved
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup walnut pieces chopped

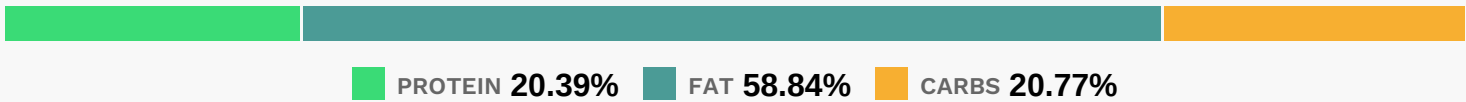
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake walnuts in a single layer in a shallow pan 6 to 8 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Stir together chicken, next 5 ingredients, and walnuts.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.61, Inflammation Score:-3, Nutrition Score:11.167826082395%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 388.15kcal (19.41%), Fat: 25.09g (38.6%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 19.93g (6.64%), Net Carbohydrates: 17.89g (6.5%), Sugar: 12.5g (13.89%), Cholesterol: 60.34mg (20.11%), Sodium: 483.11mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.12%), Vitamin K: 40.11µg (38.2%), Vitamin B3: 5.76mg (28.8%), Selenium: 18.22µg (26.03%), Manganese: 0.39mg (19.74%), Vitamin B6: 0.39mg (19.51%), Phosphorus: 185.22mg (18.52%), Copper: 0.25mg (12.33%), Potassium: 338.67mg (9.68%), Zinc: 1.45mg (9.65%), Vitamin B2: 0.16mg (9.29%), Magnesium: 35.77mg (8.94%), Vitamin B5: 0.84mg (8.45%), Fiber: 2.04g (8.16%), Iron: 1.34mg

(7.45%), Vitamin B1: 0.11mg (7.05%), Vitamin E: 0.84mg (5.6%), Folate: 21.67µg (5.42%), Vitamin C: 3.16mg (3.83%),
Vitamin B12: 0.23µg (3.76%), Vitamin A: 155.04IU (3.1%), Calcium: 31.05mg (3.1%)