



Waldorf" Chicken Salad Vinaigrette

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 0.5 cup celery sliced
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup green onions sliced
- 0.3 cup planters pecan pieces
- 1 medium delicious apple red chopped
- 0.3 cup lite raspberry vinaigrette dressing kraft

Equipment

Directions

- Combine chicken, apples, celery and onions.
- Place spinach on large serving plate; top with the chicken mixture.
- Drizzle with dressing.
- Sprinkle with pecans.

Nutrition Facts

PROTEIN 34.73% **FAT 34.1%** **CARBS 31.17%**

Properties

Glycemic Index:13.8, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:9.8491304458483%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 68.96kcal (3.45%), Fat: 2.68g (4.12%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.29g (1.56%), Sugar: 3.87g (4.3%), Cholesterol: 14.46mg (4.82%), Sodium: 99.97mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Vitamin K: 89.36µg (85.1%), Vitamin A: 1657.53IU (33.15%), Manganese: 0.29mg (14.68%), Vitamin B3: 2.53mg (12.67%), Folate: 38.24µg (9.56%), Vitamin B6: 0.15mg (7.68%), Vitamin C: 6.27mg (7.6%), Selenium: 5µg (7.15%), Magnesium: 23.63mg (5.91%), Phosphorus: 58.8mg (5.88%), Potassium: 189.14mg (5.4%), Fiber: 1.22g (4.87%), Iron: 0.78mg (4.31%), Vitamin B2: 0.06mg (3.81%), Copper: 0.07mg (3.6%), Vitamin E: 0.49mg (3.26%), Vitamin B1: 0.05mg (3.25%), Zinc: 0.41mg (2.72%), Calcium: 26.21mg (2.62%), Vitamin B5: 0.22mg (2.24%)