



Walnut-Chicken Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings boston lettuce



0.8 cup celery chopped



0.3 teaspoon ground ginger



0.3 cup optional: lemon yoplait®



3 cups rotisserie chicken cut chopped (from)



0.5 cup salad dressing



1 Dash salt



1 cup strawberries sliced quartered

- ☐ 0.5 teaspoon sugar
- ☐ 0.5 cup walnut pieces chopped

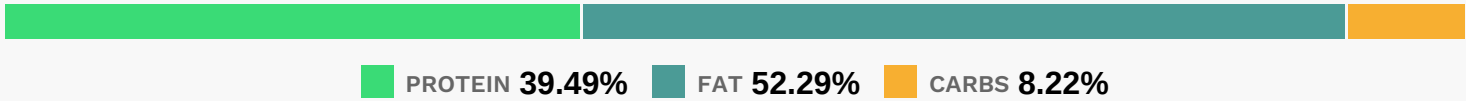
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix all dressing ingredients.
- ☐ In large bowl, mix chicken, celery and walnuts.
- ☐ Add dressing; toss. Fold in strawberries.
- ☐ Serve on lettuce.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:8.1886956277101%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 513.13kcal (25.66%), Fat: 30.42g (46.8%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.36g (3.04%), Sugar: 6.44g (7.16%), Cholesterol: 170.34mg (56.78%), Sodium: 933.26mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.68g (103.36%), Manganese: 0.71mg (35.72%), Vitamin C: 29.12mg (35.3%), Vitamin K: 24.21µg (23.06%), Copper: 0.27mg (13.39%), Fiber: 2.4g (9.61%), Magnesium: 32.8mg (8.2%), Folate: 31.99µg (8%), Phosphorus: 70.85mg (7.09%), Vitamin B6: 0.14mg (7.02%), Potassium: 215.82mg (6.17%), Vitamin E: 0.92mg (6.15%), Vitamin B1: 0.07mg (4.95%), Iron: 0.8mg (4.47%), Zinc: 0.56mg (3.75%), Calcium: 35.43mg (3.54%), Vitamin A: 138.92IU (2.78%), Vitamin B2: 0.04mg (2.6%), Selenium: 1.66µg (2.37%), Vitamin B3: 0.43mg (2.15%), Vitamin B5: 0.2mg (2.02%)