



Walnut-Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup yogurt yoplait®
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 Dash salt
- ☐ 3 cups rotisserie chicken cut chopped (from)
- ☐ 0.8 cup celery chopped
- ☐ 0.5 cup walnut pieces chopped

- ☐ 1 cup strawberries sliced quartered
- ☐ 1 serving boston lettuce

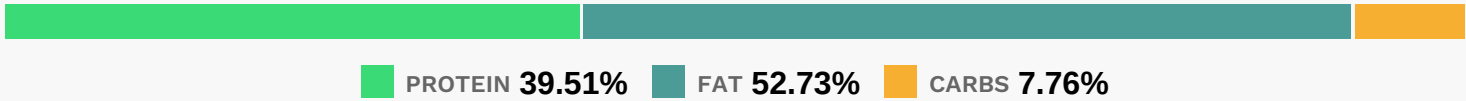
Equipment

- ☐ 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:45.27, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:7.9213043830317%

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 Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 518.53kcal (25.93%), Fat: 30.88g (47.5%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 10.22g (3.41%),
Net Carbohydrates: 8.2g (2.98%), Sugar: 6.82g (7.58%), Cholesterol: 172.33mg (57.44%), Sodium: 940mg (40.87%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.06g (104.12%), Manganese: 0.71mg (35.48%), Vitamin C:
22.15mg (26.85%), Vitamin K: 23.47µg (22.36%), Copper: 0.26mg (13.2%), Magnesium: 33.48mg (8.37%),
Phosphorus: 83.03mg (8.3%), Fiber: 2.02g (8.09%), Folate: 31.06µg (7.77%), Vitamin B6: 0.13mg (6.71%), Potassium:
219.48mg (6.27%), Vitamin E: 0.91mg (6.07%), Calcium: 50.26mg (5.03%), Vitamin B1: 0.07mg (4.87%), Zinc:
0.64mg (4.29%), Iron: 0.72mg (4.02%), Vitamin B2: 0.06mg (3.7%), Selenium: 1.93µg (2.76%), Vitamin A: 126.33IU
(2.53%), Vitamin B5: 0.24mg (2.35%), Vitamin B3: 0.43mg (2.13%)