



Warm Chicken-Pecan Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cranberries dried
- 4 green onions sliced
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup planters pecan pieces
- 1 lb chicken breasts boneless skinless
- 2 Tbsp grey poupon spicy brown mustard hearty

Equipment

- bowl

frying pan

grill pan

Directions

Spray grill pan or large skillet with cooking spray.

Add chicken; cook on medium-high heat 5 min. on each side or until chicken is cooked through (165F).

Remove chicken from pan; cool slightly.

Chop chicken; place in medium bowl.

Add remaining ingredients; mix lightly.

Serve warm.

Nutrition Facts

 **PROTEIN 33.41%** **FAT 55.3%** **CARBS 11.29%**

Properties

Glycemic Index:4.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1269565250563%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 40.44kcal (2.02%), Fat: 2.49g (3.83%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.83g (0.92%), Cholesterol: 10.46mg (3.49%), Sodium: 40.7mg (1.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin B3: 1.61mg (8.04%), Selenium: 5.27µg (7.53%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.12mg (5.87%), Phosphorus: 36.41mg (3.64%), Manganese: 0.05mg (2.63%), Vitamin B5: 0.23mg (2.33%), Potassium: 66.45mg (1.9%), Magnesium: 5.89mg (1.47%), Vitamin B1: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.11%)