

# Chicken Salad Exotique

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1/2 cup mayonnaise  
1/2 cup sour cream  
2 tablespoons shallots, minced  
1 tablespoon chopped fresh tarragon  
4 cups cooked chicken, diced  
2 cups seedless red grapes, halved  
1 cup celery, diced  
salt and pepper (to taste)  
1 cup slivered almonds, toasted

In a large bowl, whisk together the mayonnaise, sour cream, shallots and tarragon.

Stir in the chicken, grapes and celery.

Add salt and pepper to taste.

Chill for three hours.

Stir in the almonds just before serving.

Per Serving (excluding unknown items): 2888 Calories; 219g Fat (66.5% calories from fat); 209g Protein; 40g Carbohydrate; 12g Dietary Fiber; 566mg Cholesterol; 1239mg Sodium. Exchanges: 1 1/2 Grain(Starch); 28 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 26 Fat.

## Salads

### Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2888	<b>Vitamin B6 (mg):</b>	4.3mg
<b>% Calories from Fat:</b>	66.5%	<b>Vitamin B12 (mcg):</b>	2.5mcg
<b>% Calories from Carbohydrates:</b>	5.3%	<b>Thiamin B1 (mg):</b>	.7mg
<b>% Calories from Protein:</b>	28.2%	<b>Riboflavin B2 (mg):</b>	1.8mg
<b>Total Fat (g):</b>	219g	<b>Folacin (mcg):</b>	139mcg
<b>Saturated Fat (g):</b>	42g	<b>Niacin (mg):</b>	75mg
<b>Monounsaturated Fat (g):</b>	90g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	68g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	566mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	40g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	12g	<b>Grain (Starch):</b>	1 1/2
<b>Protein (g):</b>	209g	<b>Lean Meat:</b>	28
<b>Sodium (mg):</b>	1239mg	<b>Vegetable:</b>	1 1/2
<b>Potassium (mg):</b>	3096mg	<b>Fruit:</b>	0

**Calcium (mg):** 655mg  
**Iron (mg):** 13mg  
**Zinc (mg):** 12mg  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 4052IU  
**Vitamin A (r.e.):** 651 1/2RE

**Non-Fat Milk:** 1/2  
**Fat:** 26  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2888      **Calories from Fat:** 1920

### % Daily Values\*

<b>Total Fat</b>	219g	337%
Saturated Fat	42g	212%
<b>Cholesterol</b>	566mg	189%
<b>Sodium</b>	1239mg	52%
<b>Total Carbohydrates</b>	40g	13%
Dietary Fiber	12g	47%
<b>Protein</b>	209g	
<b>Vitamin A</b>		81%
<b>Vitamin C</b>		20%
<b>Calcium</b>		66%
<b>Iron</b>		70%

\* Percent Daily Values are based on a 2000 calorie diet.