

Mango Chicken Salad

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Servings: 4

1/2 cup mayonnaise
1/4 cup red onions, diced
2 jalapeno peppers, seeded and minced
3 tablespoons fresh cilantro, chopped
1 tablespoon lime zest
1/2 cup sour cream
4 cups cooked chicken, diced
1 cup celery, diced
salt and pepper (to taste)
1 1/2 cups fresh mango, diced

In a large bowl, whisk together the mayonnaise, red onions, jalapenos, cilantro, lime zest and sour cream.

Stir in the chicken and celery.

Add salt and pepper to taste.

Chill for three hours.

Stir in the mango just before serving.

Per Serving (excluding unknown items): 553 Calories; 36g Fat (57.6% calories from fat); 45g Protein; 14g Carbohydrate; 2g Dietary Fiber; 141mg Cholesterol; 308mg Sodium. Exchanges: 6 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	553	Vitamin B6 (mg):	1.2mg
% Calories from Fat:	57.6%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	10.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	32.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	36g	Folacin (mcg):	25mcg
Saturated Fat (g):	9g	Niacin (mg):	18mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
Cholesterol (mg):	141mg	% Refused:	0.0%
Carbohydrate (g):	14g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0
Protein (g):	45g	Lean Meat:	6
Sodium (mg):	308mg	Vegetable:	1/2

Potassium (mg): 617mg
Calcium (mg): 83mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 25mg
Vitamin A (i.u.): 2860IU
Vitamin A (r.e.): 347 1/2RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 553 Calories from Fat: 318

% Daily Values*

Total Fat	36g	55%
Saturated Fat	9g	44%
Cholesterol	141mg	47%
Sodium	308mg	13%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	9%
Protein	45g	

Vitamin A	57%
Vitamin C	42%
Calcium	8%
Iron	11%

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