

Orange-Bacon Chicken Salad

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Servings: 9

Yield: 6 cups

4 cups (2 pounds) boneless/ skinless
chicken breasts, cooked
1 cup (1 pound) cooked bacon,
crumbled
1 can (11 ounce) no-sugar-added
mandarin oranges, drained
1/2 cup mayonnaise
2 tablespoons orange marmalade,
heated for 5 seconds in a microwave
1 cup red onion, diced
1/2 teaspoon salt
1/2 teaspoon freshly ground black
pepper

In a large bowl, mix together all ingredients.

Serve

Per Serving (excluding unknown
items): 110 Calories; 11g Fat
(82.5% calories from fat); 1g
Protein; 5g Carbohydrate; 1g
Dietary Fiber; 5mg Cholesterol;
202mg Sodium. Exchanges: 0
Grain(Starch); 0 Lean Meat; 1/2
Vegetable; 1 Fat; 0 Other
Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	110	Vitamin B6 (mg):	.1mg
% Calories from Fat:	82.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	15.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	6mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	5mg	% Refuse:	n n%

Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	202mg
Potassium (mg):	39mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	37IU
Vitamin A (r.e.):	7RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories	110	Calories from Fat: 90
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% Daily Values*

Total Fat	11g	17%
Saturated Fat	2g	8%
Cholesterol	5mg	2%
Sodium	202mg	8%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	2%
Protein	1g	

Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	1%

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