

Poppy Seed Chicken Salad

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1/2 cup mayonnaise
2 tablespoons fresh basil, chopped
1 tablespoon orange zest
3 tablespoons honey
1 teaspoon poppy seeds
1/2 cup sour cream
2 tablespoons shallots, minced
4 cups cooked chicken, diced
1 cup sweetened dried cranberries
1 cup celery, diced
salt and pepper (to taste)
1 cup pecans, toasted and chopped

In a large bowl, whisk together the mayonnaise, basil, orange zest, honey, poppy seeds, sour cream and shallots..

Stir in the chicken, cranberries and celery.

Add salt and pepper to taste.

Chill for three hours.

Stir in the pecans just before serving.

Per Serving (excluding unknown items): 2974 Calories; 217g Fat (63.9% calories from fat); 189g Protein; 87g Carbohydrate; 11g Dietary Fiber; 566mg Cholesterol; 1229mg Sodium. Exchanges: 1 1/2 Grain(Starch); 25 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 27 Fat; 3 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal): 2974
% Calories from Fat: 63.9%
% Calories from Carbohydrates: 11.4%
% Calories from Protein: 24.7%
Total Fat (g): 217g
Saturated Fat (g): 41g
Monounsaturated Fat (g): 86g
Polyunsaturated Fat (g): 71g
Cholesterol (mg): 566mg
Carbohydrate (g): 87g
Dietary Fiber (g): 11g
Protein (g): 189g
Sodium (mg): 1229mg

Vitamin B6 (mg): 4.4mg
Vitamin B12 (mcg): 2.5mcg
Thiamin B1 (mg): 1.4mg
Riboflavin B2 (mg): 1.0mg
Folacin (mcg): 133mcg
Niacin (mg): 71mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 1 1/2
Lean Meat: 25
Vegetable: 1 1/2

Potassium (mg): 2512mg
Calcium (mg): 396mg
Iron (mg): 10mg
Zinc (mg): 14mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 4405IU
Vitamin A (r.e.): 687RE

Fruit: 0
Non-Fat Milk: 1/2
Fat: 27
Other Carbohydrates: 3 1/2

Nutrition Facts

Amount Per Serving

Calories 2974 Calories from Fat: 1902

% Daily Values*

Total Fat	217g	334%
Saturated Fat	41g	205%
Cholesterol	566mg	189%
Sodium	1229mg	51%
Total Carbohydrates	87g	29%
Dietary Fiber	11g	44%
Protein	189g	
Vitamin A		88%
Vitamin C		38%
Calcium		40%
Iron		57%

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