

Blue & White's Chicken Salad

Mountain Brook Baptist Church - "The Collection, an Anniversary Cookbook"
Southern Living Magazine - July 2013

Servings: 4

1 3/4 pounds (about 4 cups) cooked
chicken breast tenders, chilled and
chopped
3 to 4 ribs celery (including some
leaves), diced
1 cup toasted walnuts, coarsely
chopped
1 cup mayonnaise
1/2 cup honey mustard (such as
Honeycup Uniquely Sharp Mustard)
1 teaspoon freshly ground black
pepper

In a large bowl, stir all of the ingredients until
blended.

Serve immediately.

Per Serving (excluding unknown
items): 396 Calories; 47g Fat
(99.1% calories from fat); 1g
Protein; trace Carbohydrate; trace
Dietary Fiber; 19mg Cholesterol;
313mg Sodium. Exchanges: 0
Grain(Starch); 4 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	396
% Calories from Fat:	99.1%
% Calories from Carbohydrates:	0.3%
% Calories from Protein:	0.6%
Total Fat (g):	47g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	12g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	19mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 1g
Sodium (mg): 313mg
Potassium (mg): 25mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 155IU
Vitamin A (r.e.): 31RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 396 Calories from Fat: 392

% Daily Values*

Total Fat	47g	72%
Saturated Fat	6g	32%
Cholesterol	19mg	6%
Sodium	313mg	13%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	2%

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