

# Greek Yogurt Chicken Salad

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-salad-recipe-with-plain-greek-yogurt>

## Ingredients:

- chicken salad Greek Yogurt
- 3/4 cup chopped celery
- 1 cup grapes chopped
- 1 1/2 cups chicken shredded
- 1 cup plain greek yogurt
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/4 teaspoon onion powder
- 4 teaspoons garlic powder
- 1/2 lemon
- 1 tablespoon chives chopped, homegrown
- 8 sage leaves chopped, homegrown

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 100 milligrams
4. Fat: 9 grams
5. Fiber: 9 grams
6. Protein: 33 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 650 milligrams
9. Sugar: 12 grams

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