

Chicken Salad Recipe in a Jar

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-salad-with-grapes-recipes>

Ingredients:

- 2 cups chicken cooked, shredded, 2 small chicken breasts
- 1 tablespoon shallot minced
- 1/4 cup kefir substitute mayo or plain yogurt
- 1/2 cup grapes sliced in half
- 1/4 cup toasted pecans
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon hazelnut oil or olive oil
- 1/2 tablespoon balsamic vinegar
- 2 handfuls spinach

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 80 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Chicken Salad Recipe in a Jar above. You can see more 20 chicken salad with grapes recipes Get ready to indulge! to get more great cooking ideas.