

Jamaican Jerk Chicken Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-chicken-salad-recipe>

Ingredients:

- 1 pound boneless, skinless chicken breast cooked & chopped
- 1/3 cup mayonnaise
- 2 celery stalks chopped or sliced
- 2 roasted red peppers Fire, chopped
- 2 teaspoons jamaican jerk seasoning
- salt /Pepper To Taste,, if needed

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 80 milligrams
4. Fat: 10 grams
5. Protein: 24 grams
6. SaturatedFat: 2 grams
7. Sodium: 510 milligrams
8. Sugar: 1 grams

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