

Easy Rotisserie Chicken Salad

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 1/2 rotisserie chicken shredded and finely chopped, approximately 2 cups
- 1/4 cup low fat mayonnaise
- 1/4 cup plain low fat yogurt
- 3 celery ribs, finely chopped
- 1/4 cup fresh basil chiffonade
- 3/4 teaspoon garlic salt

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 205 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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