

Brazilian Chicken Salad

Yield: 4 min
Total Time: 18 min

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

Ingredients:

- 1/2 cup mayonnaise I recommend Hellman's or use vegenaise for a tasty mayo low in saturated fat.
- 2 tablespoons fresh lime juice
- 1 teaspoon honey mild
- 1 teaspoon kosher salt
- black pepper several grinds of, to taste
- 3 cups chicken breast cubed or shredded, about 1 ½ pounds Here's how to make perfect poached chicken for this salad
- 1/2 cup frozen peas
- 2 boiling water
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- 1/2 cup frozen corn
- 1 large carrot cut into 1/2-inch dice, 3/4 cup diced carrot, boiled for 3 minutes, drained, and cooled under cold running water
- 1/2 cup raisins any kind you like
- 14 pimiento stuffed olives Spanish
- 6 green onions ends trimmed, thinly sliced

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 70 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 23 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1000 milligrams
9. Sugar: 13 grams

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