

Chicken Salad

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 cup mayonnaise 6oz by scale weight
- 1/2 cup sour cream 4oz by scale weight
- 2 tablespoons Dijon mustard 1oz by scale weight
- 1 tablespoon dill weed
- 2 teaspoons sugar
- 1/2 teaspoon white pepper
- 5 teaspoons lemon juice
- 3 cups chicken chopped Poached
- 1 cup chopped celery finely
- 4 tablespoons green onions finely chopped
- 1/2 cup sunflower seeds shelled

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 140 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 590 milligrams
9. Sugar: 8 grams

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