

Easy Chicken Salad

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 1/2 cups chicken chunky
- 1/4 cup mayonnaise
- 2 teaspoons lemon juice
- 1/2 red onion small diced
- 1 stalk celery stalk diced small
- 1/2 teaspoon parsley
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 60 milligrams
4. Fat: 7 grams
5. Protein: 17 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 460 milligrams
8. Sugar: 2 grams

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