

Nicole's Walnut-Tarragon Chicken Salad

Yield: 4 min
Total Time: 15 min

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

Ingredients:

- 4 cups cooked chicken shredded, about a 4 pound roast chicken
- 1/2 cup low fat greek yogurt
- 1/3 cup low-fat mayonnaise
- 1 tablespoon tarragon finely chopped
- 1/2 cup chopped walnuts roughly

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 130 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 8 grams
8. Sodium: 250 milligrams
9. Sugar: 1 grams

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