

Cranberry-Walnut Chicken Salad

Ingredients:

- ¼ cup non fat vanilla Greek yogurt
- 2 tablespoons light mayo
- 12 ounces cooked boneless, skinless chicken (about 2 ½ cups diced)
- ½ cup dried cranberries
- 2 medium ribs of celery, diced
- ½ cup finely chopped red onion
- 1 ounce walnuts
- 2 medium apples, sliced

Directions:

1. In a medium bowl, stir together the yogurt and mayo
2. Stir in the chicken, cranberries, celery, onions, and walnuts
3. Serve chicken salad with apple slices.

Nutrition Facts

Servings: 4

Amount per serving

Calories **272**

% Daily Value*

Total Fat 8.7g	11%
Saturated Fat 1.2g	6%
Cholesterol 69mg	23%
Sodium 125mg	5%
Total Carbohydrate 20.8g	8%
Dietary Fiber 4.2g	15%
Total Sugars 13.9g	
Protein 28.1g	

Harvest Chicken Salad – McAlisters

Nutrition Facts

Serving Size: wt oz

Amount Per Serving

Calories 390 Calories from Fat 290

% Daily Value*

Total Fat 32g	49%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrates 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 15g	

* Percent Daily Values are based on a 2000 calorie diet.