

# Dutch Favorite Chicken Salad

Replace the original recipe that uses mayonnaise with plain yogurt for a more nutritious chicken salad.

- 1/4 cup plain yogurt
- 1 teaspoon ground ginger
- 9 ounces cubed cooked chicken, (about 3 organic)
- 12 large grapes, cut in half
- 1 medium banana
- 1 small orange, peeled and sectioned
- 1 ounce slivered almonds
- 2 cups shredded romaine lettuce

In a small bowl, combine yogurt and ginger. In a large bowl, combine remaining ingredients except lettuce. Add yogurt mixture; toss gently to combine. To serve, arrange lettuce on serving platter; spoon chicken salad on top.

**Servings: 4**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	116.28
Calories From Fat (33%)	38.86
<b>% Daily Value</b>	
<b>Total Fat</b> 4.60g	<b>7%</b>
Saturated Fat 0.73g	<b>4%</b>
<b>Cholesterol</b> 8.02mg	<b>3%</b>
<b>Sodium</b> 15.37mg	<b>1%</b>
<b>Potassium</b> 347.37mg	<b>10%</b>
<b>Carbohydrates</b> 15.64g	<b>5%</b>
Dietary Fiber 2.97g	<b>12%</b>
Sugar 9.58g	
Sugar Alcohols 0.00g	
Net Carbohydrates 12.67g	
<b>Protein</b> 5.28g	<b>11%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1/4 cup plain yogurt	0.25 x 1 cup (8 fl oz) of Yogurt, plain, whole milk, 8 grams protein per 8 ounce
1 teaspoon ground ginger	1 x 1 teaspoon of Spices, ginger, ground
9 ounces cubed cooked chicken, (about 3 organic)	1 x 1 ounce of Chicken, broilers or fryers, breast, meat only, cooked, roasted
12 large grapes, cut in half	12 x 1 grape, seedless of Grapes, red or green (european type varieties, such as, Thompson seedless), raw
1 medium banana	1 x 1 medium (7- 8 inches long) of Bananas, raw
1 small orange, peeled and sectioned	1 x 1 small (2-3/8" dia) of Oranges, raw, all commercial varieties
1 ounce slivered almonds	1 x 1 oz of Nuts, almonds
2 cups shredded romaine lettuce	2 x 1 cup of Lettuce, cos or romaine, raw

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