

# Hot Chicken Salad

Mary Ellen Kaegebein

Lacare Art League - Hammond, IN (1986)

3 cups cooked chicken, diced  
2 cups celery, thinly sliced  
3 tablespoons onion, finely chopped  
1/2 cup American cheese, grated  
1 teaspoon salt  
pepper (to taste)  
3 tablespoons lemon juice  
1 cup almonds (optional)  
1/4 cup chopped pimiento (optional)  
1 cup mayonnaise  
1 cup crushed potato chips

Preheat the oven to 350 degrees.

In a bowl, mix together all of the ingredients except the potato chips.

Place the mixture in a lightly oiled large casserole.

Top with the potato chips.

Bake for one hour.

---

Per Serving (excluding unknown items): 2987 Calories; 250g Fat (72.9% calories from fat); 152g Protein; 57g Carbohydrate; 8g Dietary Fiber; 487mg Cholesterol; 5179mg Sodium. Exchanges: 2 1/2 Grain(Starch); 20 Lean Meat; 2 Vegetable; 1/2 Fruit; 23 1/2 Fat.

Chicken

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	2987	<b>Vitamin B6 (mg):</b>	4.6mg
<b>% Calories from Fat:</b>	72.9%	<b>Vitamin B12 (mcg):</b>	2.4mcg
<b>% Calories from Carbohydrates:</b>	7.3%	<b>Thiamin B1 (mg):</b>	.5mg
<b>% Calories from Protein:</b>	19.7%	<b>Riboflavin B2 (mg):</b>	.9mg
<b>Total Fat (g):</b>	250g	<b>Folacin (mcg):</b>	151mcg
<b>Saturated Fat (g):</b>	51g	<b>Niacin (mg):</b>	56mg
<b>Monounsaturated Fat (g):</b>	69g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	105g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	487mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	57g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	8g	<b>Grain (Starch):</b>	2 1/2
<b>Protein (g):</b>	152g	<b>Lean Meat:</b>	20

**Sodium (mg):** 5179mg  
**Potassium (mg):** 2973mg  
**Calcium (mg):** 588mg  
**Iron (mg):** 8mg  
**Zinc (mg):** 8mg  
**Vitamin C (mg):** 64mg  
**Vitamin A (i.u.):** 1753IU  
**Vitamin A (r.e.):** 357RE

**Vegetable:** 2  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 23 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 2987                      **Calories from Fat:** 2179

### % Daily Values\*

<b>Total Fat</b> 250g	385%
Saturated Fat 51g	254%
<b>Cholesterol</b> 487mg	162%
<b>Sodium</b> 5179mg	216%
<b>Total Carbohydrates</b> 57g	19%
Dietary Fiber 8g	33%
<b>Protein</b> 152g	
<hr/>	
<b>Vitamin A</b>	35%
<b>Vitamin C</b>	106%
<b>Calcium</b>	59%
<b>Iron</b>	45%

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