

Chicken-Ham Salad

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Servings: 8

Yield: 5 cups

4 cups (2 pounds) boneless/ skinless
chicken breasts, cooked
1/2 cup (4 ounces) chopped deli ham
2 cups (2 ounces) chopped baby
spinach
1/2 cup mayonnaise
1/2 cup Parmesan cheese, grated
2 tablespoons lemon juice
1/2 teaspoon salt
1/2 teaspoon freshly ground black
pepper

In a large bowl, mix together all ingredients.

Serve

Per Serving (excluding unknown
items): 123 Calories; 13g Fat
(91.3% calories from fat); 2g
Protein; 1g Carbohydrate; trace
Dietary Fiber; 9mg Cholesterol;
305mg Sodium. Exchanges: 0
Grain(Starch); 1/2 Lean Meat; 0
Fruit; 1 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	123
% Calories from Fat:	91.3%
% Calories from Carbohydrates:	1.8%
% Calories from Protein:	6.9%
Total Fat (g):	13g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	9mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	2mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 2g
Sodium (mg): 305mg
Potassium (mg): 16mg
Calcium (mg): 73mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 75IU
Vitamin A (r.e.): 18 1/2RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 123 Calories from Fat: 112

% Daily Values*

Total Fat	13g	20%
Saturated Fat	3g	13%
Cholesterol	9mg	3%
Sodium	305mg	13%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	1%
Vitamin C	3%
Calcium	7%
Iron	1%

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