

# Moroccan Chicken Salad

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**Servings: 9**

**Yield: 6 cups**

4 cups (2 pounds) boneless/ skinless  
chicken breasts, cooked  
1 cup (7 ounces) dried apricots,  
chopped  
1 cup (5 ounces) sliced almonds  
1/2 cup mayonnaise  
2 tablespoons lemon juice  
1/2 teaspoon ground coriander  
1/4 teaspoon ground cinnamon  
1/4 teaspoon ground cloves  
1/8 teaspoon cayenne pepper  
1/8 teaspoon ground nutmeg  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black  
pepper

In a large bowl, mix together all ingredients.

Serve

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Per Serving (excluding unknown  
items): 218 Calories; 19g Fat  
(72.2% calories from fat); 4g  
Protein; 12g Carbohydrate; 2g  
Dietary Fiber; 4mg Cholesterol;  
191mg Sodium. Exchanges: 0  
Grain(Starch); 1/2 Lean Meat; 1/2  
Fruit; 2 1/2 Fat.

Salads

## Per Serving Nutritional Analysis

Calories (kcal):	218	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	19g	Folacin (mcg):	9mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

<b>Polyunsaturated Fat (g):</b>	7g
<b>Cholesterol (mg):</b>	4mg
<b>Carbohydrate (g):</b>	12g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	4g
<b>Sodium (mg):</b>	191mg
<b>Potassium (mg):</b>	332mg
<b>Calcium (mg):</b>	52mg
<b>Iron (mg):</b>	1mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	2mg
<b>Vitamin A (i.u.):</b>	1091IU
<b>Vitamin A (r.e.):</b>	112 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	1/2
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 9

### Amount Per Serving

**Calories** 218      **Calories from Fat:** 158

### % Daily Values\*

<b>Total Fat</b> 19g	29%
Saturated Fat 2g	11%
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 191mg	8%
<b>Total Carbohydrates</b> 12g	4%
Dietary Fiber 2g	10%
<b>Protein</b> 4g	
<b>Vitamin A</b>	22%
<b>Vitamin C</b>	4%
<b>Calcium</b>	5%
<b>Iron</b>	8%

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