



# CHICKEN, GRAPE & PECAN SALAD SANDWICHES

**Nutrition Facts Report**  
Source: Custom

Yield: 6 (1.000 item(s))  
No. Ingredients: 11

Category: Basic Food  
Manufacturer: (None)

## Ingredients

0.667 c. Light Mayonnaise  
1.000 T. Lemon Juice  
1.000 t. MC CORMICK Dried Tarragon  
0.125 t. Table Salt  
0.125 t. Ground Black Pepper  
1.500 c. Chicken Breast, Meat Only, Stewed  
0.750 c. Red or Green Grapes, European, Adherent Skin  
0.500 c. Celery, Diced  
0.333 c. Red Onions, Sliced  
0.333 c. Pecans  
6.000 item Nature's Own Light Multigrain English Muffin

## Nutrition Facts

Serving Size 1.00 item(s) (162g)

Amount Per Serving

**Calories** 299      **Calories from Fat** 138

% Daily Value

**Total Fat** 15.3g      24 %

Saturated Fat 2.1g      10 %

Trans Fat 0.0g

**Cholesterol** 36.3mg      12 %

**Sodium** 507.4mg      21 %

**Total Carbohydrate** 31.6g      11 %

Dietary Fiber 8.0g      32 %

Sugars 7.8g

**Protein** 16.2g

Vitamin A 12 %      Calcium 12 %

Vitamin C 7 %      Iron 14 %

## Instructions