

Chicken Brussel Sprout Salad



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 6 oz, boneless, cooked [170.1 g] Rotisserie Chicken (*Shredded*)
- 3 cup [264 g] Brussels Sprouts (*Thinly shaved*)
- 0.25 cup [10 g] Unsweetened Dried Cranberries
- 2 tbsp [14 g] Chopped Walnuts
- 2 tbsp [10 g] Parmesan Cheese (*Shredded*)
- 2 tbsp [30 g] Apple Cider Vinegar
- 1 tbsp [21 g] Honey
- 1 tbsp [16.5 g] Dijon Mustard
- 1 tbsp [14 g] Olive Oil
- 1 tsp [1.2 g] Kosher Salt
- 0.5 tsp [1.05 g] Black Pepper

DIRECTIONS

1. Add apple cider vinegar, honey, dijon mustard, olive oil, kosher salt, and black pepper to a bowl and mix until combined to create a dressing.
2. Add rotisserie chicken, brussels sprouts, cranberries, walnuts, parmesan cheese, and dressing to a large bowl and gently mix until all ingredients are combined. Refrigerate until ready to eat.

NUTRITION INFO

Calories : 439.75

Fat : 24.87 g

Carbs : 26.24 g

Protein : 31.88 g

Fiber : 7.36 g