

# Chicken and Cranberry Salad

Yield 4 servings

## Ingredients

12 ounces	chicken, cooked and diced (1 1/2 cups)
1/2 cup	vinaigrette dressing
1 cup	dried cranberries (or cherries)
2 tablespoons	almonds (sliced)
1	head of lettuce (of, - chopped)

## Instructions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

## Cost

Per recipe: \$7.04

Per serving: \$1.76

## Source

USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs  
Food Distribution Service

## Nutrition Facts

Serving Size 1/4 of recipe (285g)  
Servings Per Container 4

Amount Per Serving

**Calories 290**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**    **8%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 70mg**    **23%**

**Sodium 80mg**    **3%**

**Total Carbohydrate 34g**    **11%**

Dietary Fiber 4g    **16%**

Sugars 27g

**Protein 28g**

Vitamin A 15%    •    Vitamin C 6%

Calcium 4%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4