

CHICKEN SALAD SLIDERS



INGREDIENTS

- 2 cooked chicken breast
- 1/3 cup of red onion, chopped
- 1/2 cup of celery, chopped
- 1/2 cup of mayonnaise
- 1 tbsp of mustard
- 4 whole bread rolls
- Lettuce

INSTRUCTIONS

1. Shred the cooked chicken breast
2. Chop the red onion and celery into small cubes
3. Add chicken, onion, and celery into a bowl
4. Add in the mayonnaise and mustard
5. Season to taste (salt and pepper)
6. Mix thoroughly
7. Assemble the slider
8. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 4

Calories	301
Total fat	13.5 g
Saturated fat	1.8 g
Cholesterol	44 mg
Sodium	366 mg
Total carbohydrates	26.4 g
Dietary fiber	2.8 g
Sugar	7.5 g
Protein	20.8 g
Vitamin D	0 mcg
Calcium	32 mg
Iron	1 mg
Potassium	543 mg

