



NutraFiber® Flakes™ High Fiber Chicken Salad



What you need:

- 2 cups canned chicken in water (drained)
- 1 cup light mayonnaise
- 1/2 cup celery, minced
- 1/2 cup NutraFiber® Flakes™
- 1/4 cup grapes, diced
- 2 1/2 tsp onion, minced
- 1/8 tsp celery salt
- 1/8 tsp black pepper, ground
- 1/8 tsp dill weed

Instructions:

1. Combine all ingredients until well mixed.
2. Serve on a sandwich or on lettuce.

Nutritional Information Serving size: 2.5 oz (70 g)	Amount per serving
Total Carbohydrate, g	8.2
Total Fiber, g	3.2
Net Carbohydrate, g	5.0
Total Protein, g	8.0
Total Fat, g	3.8
Total Calories, kcal	99.0