



Chicken Salad Rolls

These chicken salad rolls allow you to add some variety to your typical lunchtime sandwich and use up last night's leftovers at the same! The chicken salad can be made the night before to speed up your morning routine and also allow for the flavours meld overnight.

Prep: 8 minutes • Total: 8 minutes

Ingredients:

Cooked chicken, shredded	½ cup	125 mL
"Something crunchy" (celery, apple, radish, pickles)	1/3 cup	80 mL
Red onion, chopped	2 Tbsp	30 mL
Mayonnaise or plain yogurt	2 Tbsp	30 mL
Whole wheat hot-dog bun	1	1

Directions:

1. Stir chicken, the "something crunchy", red onions, and mayonnaise or yogurt together until evenly coated. Season with salt and pepper, to taste.
2. Evenly fill the hot dog buns with the salad mix. Pack in a lunch sack with an ice pack and send off to work or school!

Nutrition Facts

Serving Size (176g)

Servings Per Container

Amount Per Serving

Calories 270 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 420mg **18%**

Total Carbohydrate 33g **11%**

Dietary Fiber 7g **28%**

Sugars 7g

Protein 18g

Vitamin A 4% • Vitamin C 4%

Calcium 6% • Iron 6%

*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

Adapted from: Food Network

Makes 1 serving • 1 serving = 1 sandwich (176 g)

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScH Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca