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Chicken Celery Sticks ♦♦

Chicken Celery Sticks are a delicious and healthy snack option. The recipe involves stuffing celery sticks with cooked chicken and other flavorful ingredients. It is a great option for parties or as an appetizer. The combination of crunchy celery and savory chicken makes it a crowd-pleaser.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 300 grams

Number of Servings: 6

Serving Size: 50 g

Ingredients

300 g	chicken breast
12 pieces	celery sticks
4 tbsp	mayonnaise
2 tsp	dijon mustard

1 tbsp	lemon juice
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Cook the chicken breast until fully cooked and tender.

Prep Time: 10 mins

Cook Time: 15 mins

Step 2

Cutting

Shred the cooked chicken into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, mix mayonnaise, Dijon mustard, lemon juice, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the shredded chicken to the bowl and mix well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Filling

Fill each celery stick with the chicken mixture.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 12 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	50 mg	5%	5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Picnic

Course

Salads

Snacks

Cultural

Chinese New Year

Cuisines

American

French

Japanese

Mediterranean

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Snack

Supper

Difficulty Level

Easy

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