



15 Minute Curried Chicken Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



15

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 chicken bouillon cubes
- 1 cup meat from a rotisserie chicken cooked chopped
- 1.5 tsp curry powder
- 2 cups rice white instant uncooked
- 0.3 cup real mayo mayonnaise kraft
- 1 medium bell pepper green red chopped
- 2 cups water

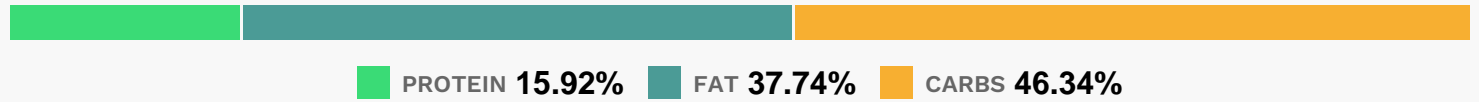
Equipment

sauce pan

Directions

- Mix water, bouillon cubes and curry powder in medium saucepan. Bring to boil on medium-high heat.
- Stir in rice; cover.
- Remove from heat.
- Let stand 5 minutes. Cool.
- Add chicken, mayo and red pepper; mix lightly.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.5734782680545%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 88.21kcal (4.41%), Fat: 3.63g (5.59%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 9.62g (3.5%), Sugar: 0.32g (0.35%), Cholesterol: 8.64mg (2.88%), Sodium: 161.11mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Selenium: 6.83µg (9.76%), Folate: 33.46µg (8.36%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.12mg (7.86%), Vitamin C: 6.41mg (7.77%), Manganese: 0.13mg (6.69%), Vitamin K: 6.88µg (6.56%), Iron: 0.93mg (5.19%), Vitamin B6: 0.07mg (3.66%), Phosphorus: 35.4mg (3.54%), Zinc: 0.33mg (2.22%), Copper: 0.04mg (1.91%), Fiber: 0.42g (1.68%), Vitamin B5: 0.16mg (1.58%), Magnesium: 5.52mg (1.38%), Vitamin E: 0.2mg (1.35%), Vitamin B2: 0.02mg (1.34%), Potassium: 43.83mg (1.25%)