



## Caribbean Curried Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 boston lettuce leaves
- 0.5 cup celery thinly sliced
- 2.5 cups chicken breast cooked chopped ( 1 pound skinned, boned chicken breasts)
- 1.5 teaspoons curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups wedges honeydew melon cubed peeled
- 2.5 tablespoons juice of lime fresh
- 2 teaspoons lime rind grated

- 0.3 cup mayonnaise reduced-fat
- 1.8 cups mangos cubed peeled
- 0.5 teaspoon salt

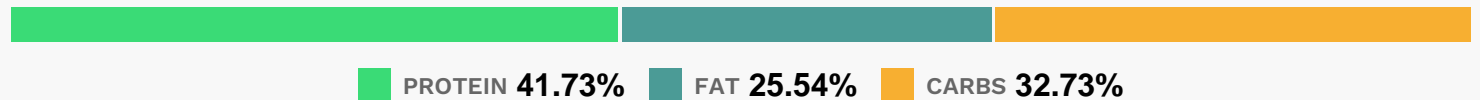
## Equipment

- bowl

## Directions

- Combine first 4 ingredients in a medium bowl.
- Combine mayonnaise and next 5 ingredients in a small bowl; stir well.
- Pour over chicken salad; toss gently to coat. Spoon onto four lettuce-lined plates.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:38.19, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:19.873043871444%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 273.51kcal (13.68%), Fat: 7.86g (12.09%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.97g (7.26%), Sugar: 18.11g (20.12%), Cholesterol: 77.36mg (25.79%), Sodium: 538.12mg

(23.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Vitamin B3: 13.03mg (65.15%), Vitamin C: 46.32mg (56.15%), Vitamin K: 51.6µg (49.15%), Vitamin A: 1931.38IU (38.63%), Selenium: 26.04µg (37.2%), Vitamin B6: 0.73mg (36.65%), Phosphorus: 238.89mg (23.89%), Folate: 80.18µg (20.04%), Potassium: 673.75mg (19.25%), Magnesium: 49.53mg (12.38%), Vitamin B5: 1.22mg (12.2%), Fiber: 2.69g (10.75%), Vitamin E: 1.59mg (10.62%), Iron: 1.84mg (10.2%), Vitamin B2: 0.17mg (9.84%), Manganese: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.31%), Copper: 0.17mg (8.31%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.3µg (4.96%), Calcium: 48.38mg (4.84%)