



Cashew Chicken Salad Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 0.3 teaspoon curry powder
- ☐ 1 tablespoon green onions finely chopped
- ☐ 1 tablespoon mayonnaise light
- ☐ 2 tablespoons dry-roasted cashews chopped
- ☐ 2 cups roasted boneless skinless chopped (2 breasts)
- ☐ 0.3 cup heavy whipping cream fat-free sour
- ☐ 4 ounce hamburger buns whole wheat

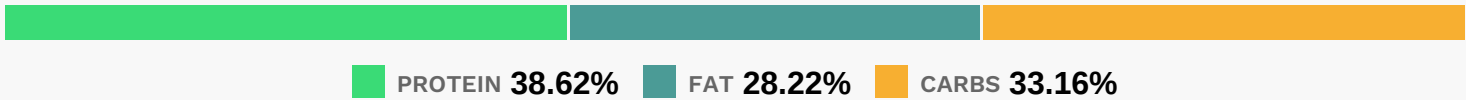
Equipment

☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl, stirring until well blended.
- ☐ Add chicken, celery, cashews, and green onions; stir well.
- ☐ Serve chicken salad on buns.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:25.623043340185%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 411.55kcal (20.58%), Fat: 12.9g (19.85%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 31.25g (11.36%), Sugar: 4.64g (5.15%), Cholesterol: 99.71mg (33.24%), Sodium: 547.56mg (23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.72g (79.45%), Selenium: 68.87µg (98.39%), Vitamin B3: 18.4mg (91.99%), Vitamin B6: 1.22mg (61.04%), Phosphorus: 460.7mg (46.07%), Manganese: 0.7mg (35.12%), Vitamin B1: 0.39mg (26.24%), Vitamin B5: 2.57mg (25.69%), Vitamin B2: 0.4mg (23.46%), Magnesium: 92.41mg (23.1%), Potassium: 789.47mg (22.56%), Folate: 86.68µg (21.67%), Iron: 3.47mg (19.29%), Vitamin K: 20.19µg (19.23%), Copper: 0.37mg (18.51%), Zinc: 2.14mg (14.26%), Fiber: 2.84g (11.37%), Calcium: 111.68mg (11.17%), Vitamin B12: 0.39µg (6.53%), Vitamin A: 231.17IU (4.62%), Vitamin E: 0.67mg (4.49%), Vitamin C: 2.91mg (3.53%)