



Chicken, Artichoke, and Rice Salad

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



865 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 oz water chestnuts drained chopped canned
- ☐ 2 cups roasted chicken diced cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 1 bell pepper green chopped
- ☐ 1 bunch spring onion chopped
- ☐ 6 oz marinated artichoke
- ☐ 0.7 cup mayonnaise
- ☐ 0.1 teaspoon pepper

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6.9 oz vermicelli cooked

Equipment

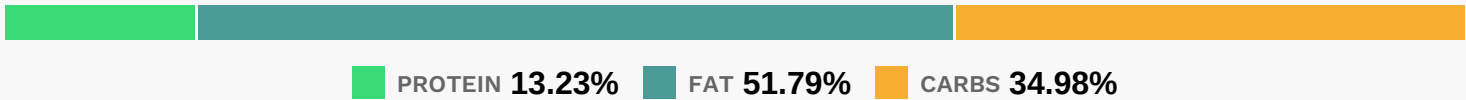
☐

bowl

Directions

- ☐ Combine rice vermicelli mix and chicken in a serving bowl.
- ☐ Add artichoke hearts and reserved liquid to rice mixture.
- ☐ Add green pepper and remaining ingredients; chill before serving.

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:31.27, Inflammation Score:-7, Nutrition Score:22.640000102313%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 864.82kcal (43.24%), Fat: 49.09g (75.52%), Saturated Fat: 8.23g (51.46%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 68.44g (24.89%), Sugar: 4.9g (5.45%), Cholesterol: 90.91mg (30.3%), Sodium: 731.95mg (31.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.42%), Vitamin K: 101.33µg (96.5%), Vitamin C: 46.85mg (56.79%), Selenium: 34.89µg (49.84%), Vitamin B3: 8.17mg (40.85%), Vitamin B6: 0.68mg (34.09%), Phosphorus: 324.28mg (32.43%), Manganese: 0.55mg (27.59%), Fiber: 6.14g (24.56%), Iron: 3.49mg (19.37%), Vitamin A: 867.88IU (17.36%), Zinc: 2.52mg (16.79%), Vitamin E: 2.49mg (16.58%), Potassium: 480.1mg (13.72%), Copper: 0.27mg (13.4%), Vitamin B5: 1.24mg (12.4%), Vitamin B2: 0.21mg (12.06%), Magnesium: 40.53mg (10.13%), Vitamin B1: 0.12mg (8.26%), Folate: 25.53µg (6.38%), Vitamin B12: 0.33µg (5.51%), Calcium: 54.48mg (5.45%)