



Chicken & chickpea salad with curry yogurt dressing

 Gluten Free  Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



706 kcal

SIDE DISH

Ingredients

- ☐ 2 chicken breast
- ☐ 200 ml nonfat greek yogurt 0%
- ☐ 2 tsp curry powder
- ☐ 0.5 juice of lemon
- ☐ 1 small handful mint leaves chopped
- ☐ 400 g chickpeas drained and rinsed canned
- ☐ 100 g cherry tomatoes quartered

- ☐ 1 small onion red chopped
- ☐ 1 tbsp peanuts crushed

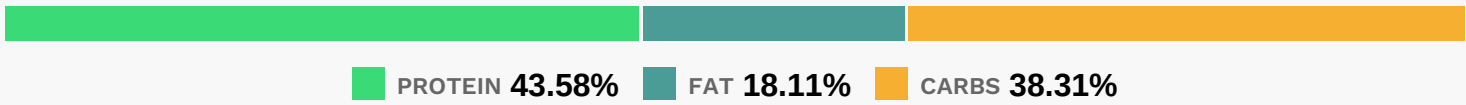
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring a pan of water to the boil.
- ☐ Add the chicken breasts and some salt, then put on the lid. Turn off the heat and leave for 15 mins until cooked through.
- ☐ Drain, then shred the chicken.
- ☐ In a small bowl, mix the yogurt, curry powder, lemon juice, chopped mint and some seasoning.
- ☐ Toss the chicken and chickpeas with half the dressing, and season. Arrange on 2 plates and scatter over the tomatoes, onion, remaining mint and peanuts.
- ☐ Drizzle any extra dressing over the top.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:11.41, Inflammation Score:-9, Nutrition Score:48.313043791315%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 706.26kcal (35.31%), Fat: 14.25g (21.92%), Saturated Fat: 2.38g (14.85%), Carbohydrates: 67.83g (22.61%), Net Carbohydrates: 50.02g (18.19%), Sugar: 16.19g (17.98%), Cholesterol: 148.87mg (49.62%), Sodium: 317.13mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.15g (154.3%), Vitamin B3: 26.04mg (130.19%), Selenium: 89.32µg (127.6%), Manganese: 2.47mg (123.36%), Vitamin B6: 2.18mg (108.84%), Folate: 394.77µg (98.69%), Phosphorus: 983.96mg (98.4%), Fiber: 17.81g (71.23%), Potassium: 1813.86mg (51.82%), Magnesium: 190.59mg (47.65%), Copper: 0.91mg (45.37%), Iron: 8.03mg (44.59%), Vitamin B5: 4.31mg (43.09%), Vitamin B2: 0.63mg (37.31%), Zinc: 5.2mg (34.64%), Vitamin B1: 0.48mg (32.05%), Vitamin C: 24.55mg (29.76%), Calcium: 241.45mg (24.15%), Vitamin B12: 1.04µg (17.4%), Vitamin E: 1.88mg (12.53%), Vitamin K: 12.07µg (11.49%), Vitamin A: 475.91IU (9.52%), Vitamin D: 0.23µg (1.51%)