



Chicken Curry Party Salad

READY IN



45 min.

SERVINGS



4

CALORIES



623 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 apples cored peeled sliced
- 4 ounce olives black drained chopped canned
- 2 stalks celery chopped
- 1 cube chicken bouillon
- 1 teaspoon curry powder
- 8 ounce elbow macaroni
- 9 ounces mushrooms fresh sliced
- 1 clove garlic chopped
- 0.5 cup mayonnaise

- 4 servings salt and pepper to taste
- 9 ounces chicken breasts boneless skinless
- 0.5 cup cup heavy whipping cream sour
- 1 bell pepper yellow thinly sliced

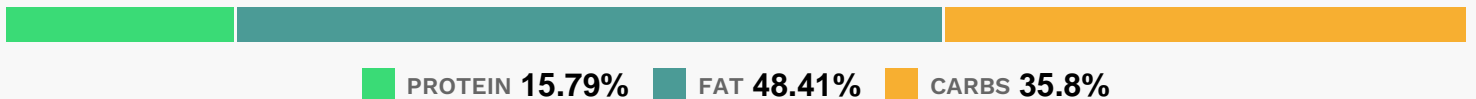
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil; add bouillon cube and stir until melted.
- Add chicken and poach for about 13 to 14 minutes.
- Remove chicken and leave broth in pot; cool chicken and cut into 1/2 inch chunks; reserve.
- Add mushrooms to broth and cook over medium heat; cook for a few minutes and remove mushrooms from stock; reserve.
- With remaining stock in pot, add some more water, if needed. Bring water to a boil and add pasta to cook for 8 to 10 minutes or until al dente; drain and discard stock. Cool pasta with running water; reserve.
- In a small bowl, combine sour cream, mayonnaise, garlic, curry powder and salt and pepper to taste.
- In a large bowl, combine cooled pasta, chicken, mushrooms, sour cream dressing, olives, apple, yellow bell pepper and celery; mix well. Refrigerate for at least 3 hours and serve.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.36, Inflammation Score:-7, Nutrition Score:25.875652245853%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 622.78kcal (31.14%), Fat: 33.83g (52.05%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 56.29g (18.76%), Net Carbohydrates: 51.04g (18.56%), Sugar: 9.09g (10.1%), Cholesterol: 69.55mg (23.18%), Sodium: 921.78mg (40.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.67%), Selenium: 64.5µg (92.15%), Vitamin C: 59.96mg (72.68%), Vitamin B3: 10.41mg (52.03%), Vitamin K: 54.03µg (51.45%), Vitamin B6: 0.75mg (37.3%), Phosphorus: 344.68mg (34.47%), Manganese: 0.67mg (33.52%), Vitamin B2: 0.44mg (26.04%), Copper: 0.49mg (24.3%), Vitamin B5: 2.39mg (23.91%), Potassium: 793.27mg (22.66%), Fiber: 5.25g (21%), Magnesium: 68.16mg (17.04%), Vitamin E: 2.54mg (16.96%), Vitamin B1: 0.18mg (12.07%), Zinc: 1.77mg (11.82%), Folate: 44.67µg (11.17%), Iron: 1.9mg (10.58%), Vitamin A: 506.73IU (10.13%), Calcium: 80.91mg (8.09%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.25µg (1.65%)