

Chicken Curry Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce chicken broth chunk drained canned
- 0.3 teaspoon chili oil
- 1 teaspoon curry powder
- 0.5 cup mayonnaise
- 4 servings salt and pepper to taste

Equipment

- bowl

Directions

- In a medium bowl, stir together the mayonnaise, curry powder, salt, pepper, and chili oil.
- Mix in the chunk chicken until well blended. Refrigerate until serving.

Nutrition Facts

PROTEIN 22.8% **FAT 75.84%** **CARBS 1.36%**

Properties

Glycemic Index:13.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:6.7413042942467%

Nutrients (% of daily need)

Calories: 325.35kcal (16.27%), Fat: 27g (41.54%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.92g (0.34%), Sugar: 0.17g (0.19%), Cholesterol: 47.2mg (15.73%), Sodium: 713.47mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.53%), Vitamin K: 47.92µg (45.64%), Selenium: 13.77µg (19.67%), Vitamin B12: 0.74µg (12.37%), Zinc: 1.83mg (12.23%), Phosphorus: 116.06mg (11.61%), Vitamin E: 1.29mg (8.61%), Vitamin B3: 1.72mg (8.59%), Vitamin B6: 0.14mg (7.13%), Iron: 1.13mg (6.28%), Vitamin B2: 0.08mg (4.56%), Magnesium: 15.02mg (3.76%), Potassium: 121.79mg (3.48%), Vitamin A: 148.58IU (2.97%), Copper: 0.05mg (2.25%), Calcium: 14.67mg (1.47%), Manganese: 0.02mg (1.2%)