



Chicken Curry Salad in a Hurry

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup apples chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup celery chopped
- ☐ 1 teaspoon curry powder
- ☐ 2 hard-cooked eggs chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon paprika

- ☐ 1 rotisserie chicken cut skinless chopped
- ☐ 6 servings salt to taste

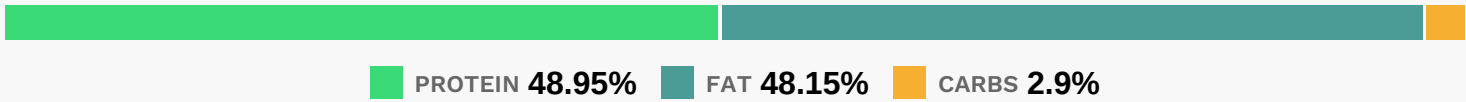
Equipment

- ☐ bowl

Directions

- ☐ Mix the chicken, eggs, mayonnaise, apple, celery, onion, curry powder, paprika, cayenne pepper, and salt in a large bowl. Cover and refrigerate for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:18.264348128568%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 400.51kcal (20.03%), Fat: 21.43g (32.97%), Saturated Fat: 4.1g (25.62%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.23g (0.81%), Sugar: 1.8g (2%), Cholesterol: 212.41mg (70.8%), Sodium: 885.99mg (38.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.02g (98.03%), Selenium: 57.86µg (82.66%), Vitamin B3: 16.07mg (80.33%), Phosphorus: 449.09mg (44.91%), Vitamin K: 33.7µg (32.09%), Vitamin B6: 0.57mg (28.43%), Vitamin B5: 2.61mg (26.12%), Vitamin B2: 0.32mg (18.69%), Potassium: 550.92mg (15.74%), Magnesium: 46.78mg (11.69%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.66µg (10.92%), Vitamin B1: 0.16mg (10.36%), Vitamin E: 1.23mg (8.22%), Folate: 31.11µg (7.78%), Iron: 1.19mg (6.6%), Vitamin A: 273.86IU (5.48%), Copper: 0.09mg (4.27%), Calcium: 39.91mg (3.99%), Manganese: 0.07mg (3.44%), Fiber: 0.68g (2.71%), Vitamin D: 0.4µg (2.69%), Vitamin C: 1.3mg (1.58%)