



## Chicken Curry Spread

 Gluten Free

READY IN



25 min.

SERVINGS



32

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 ounces cream cheese softened reduced-fat (Neufchâtel)
- 1 cup cream sour reduced-fat
- 1.5 teaspoons curry powder
- 0.5 teaspoon salt
- 0.3 teaspoon ground ginger
- 1 cup chicken breast strips/pre-cooked/chopped cooked finely chopped
- 1 cup bell pepper chopped
- 0.3 cup raisins

- 0.3 cup almonds toasted sliced
- 1 serving parsley fresh chopped
- 1 slices pears

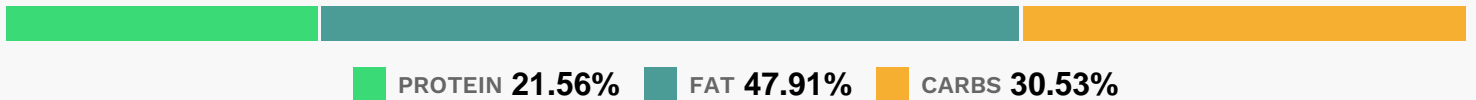
## Equipment

- bowl

## Directions

- Beat cream cheese, sour cream, curry powder, salt and ginger in medium bowl with spoon until smooth. Stir in chicken.
- Spread mixture on flat plate, about 9 to 10 inches in diameter.
- Arrange bell pepper on cream cheese mixture in star shape.
- Place raisins and almonds in center.
- Sprinkle parsley around edge.
- Serve with apple and pear slices.

## Nutrition Facts



## Properties

Glycemic Index:5.45, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:2.205217393844%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 43.98kcal (2.2%), Fat: 2.4g (3.7%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.09g (1.21%), Cholesterol: 10.06mg (3.35%), Sodium: 71.77mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin C: 6.47mg (7.84%), Vitamin A: 221.96IU (4.44%), Vitamin B3: 0.72mg (3.58%), Phosphorus: 32.6mg (3.26%), Vitamin K: 2.69µg (2.56%), Selenium: 1.79µg (2.55%), Vitamin B6: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.54%), Calcium: 25.02mg (2.5%), Potassium: 78.93mg (2.26%), Vitamin E: 0.34mg (2.25%), Manganese: 0.04mg (1.94%), Fiber: 0.46g (1.85%), Vitamin B12: 0.11µg (1.84%), Magnesium: 6.15mg (1.54%), Folate: 5.46µg (1.36%), Vitamin B5: 0.12mg (1.24%), Copper: 0.02mg (1.15%), Zinc: 0.17mg (1.11%), Iron: 0.2mg (1.08%), Vitamin B1: 0.02mg (1.02%)