



Chicken-Mango Chopped Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons curry powder
- ☐ 0.5 cucumber english chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 0.1 teaspoon ground pepper
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 2 cups mangos pitted peeled chopped

- ☐ 0.3 cup mayonnaise
- ☐ 4 cups napa cabbage chopped
- ☐ 1 small bell pepper red chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups chicken shredded cooked chopped
- ☐ 0.3 cup cream sour

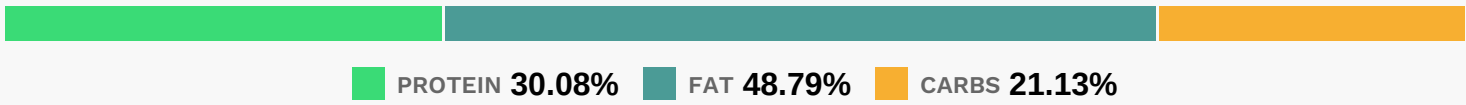
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together first 8 ingredients in a small bowl.
- ☐ Combine chicken and remaining ingredients in a large bowl.
- ☐ Add dressing, tossing to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.19, Glycemic Load:6.73, Inflammation Score:-9, Nutrition Score:24.806086993736%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg

0.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 381.54kcal (19.08%), Fat: 20.98g (32.27%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 16.92g (6.15%), Sugar: 15.06g (16.74%), Cholesterol: 93.11mg (31.04%), Sodium: 474.01mg (20.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.1g (58.2%), Vitamin C: 81.07mg (98.26%), Vitamin K: 73.45µg (69.95%), Vitamin B3: 9.45mg (47.25%), Vitamin A: 2066.62IU (41.33%), Vitamin B6: 0.81mg (40.74%), Selenium: 28.03µg (40.04%), Folate: 119.89µg (29.97%), Phosphorus: 271.29mg (27.13%), Potassium: 728.03mg (20.8%), Vitamin B2: 0.29mg (17.06%), Manganese: 0.34mg (16.77%), Vitamin B5: 1.53mg (15.29%), Fiber: 3.52g (14.09%), Zinc: 2.11mg (14.08%), Magnesium: 53.83mg (13.46%), Vitamin E: 1.96mg (13.04%), Iron: 2.24mg (12.44%), Calcium: 113.69mg (11.37%), Copper: 0.22mg (11.14%), Vitamin B1: 0.15mg (10.28%), Vitamin B12: 0.35µg (5.86%)