



Chicken Salad Sandwiches

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups chicken breast cooked chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup mayonnaise light
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 cups delicious apple red unpeeled chopped (1 large)
- ☐ 0.3 cup onion red minced
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon sugar
- ☐ 1.2 ounce bread whole wheat

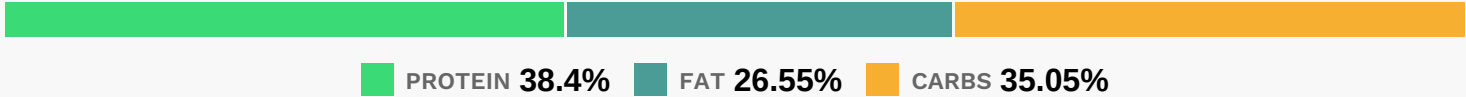
Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Spread 1 cup chicken mixture onto each of 4 bread slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:66.95, Glycemic Load:5.28, Inflammation Score:-6, Nutrition Score:10.819130445304%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 185.78kcal (9.29%), Fat: 5.49g (8.45%), Saturated Fat: 1.11g (6.97%), Carbohydrates: 16.32g (5.44%), Net Carbohydrates: 13.65g (4.96%), Sugar: 9.09g (10.1%), Cholesterol: 46.87mg (15.62%), Sodium: 340.16mg (14.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.76%), Vitamin B3: 7.84mg (39.19%), Vitamin C: 27.48mg (33.31%), Selenium: 17.17µg (24.52%), Vitamin B6: 0.43mg (21.43%), Phosphorus: 155.42mg (15.54%), Manganese: 0.27mg (13.31%), Vitamin A: 640.99IU (12.82%), Fiber: 2.67g (10.68%), Vitamin K: 11.02µg (10.49%), Potassium: 285.5mg (8.16%), Magnesium: 29.16mg (7.29%), Vitamin B5: 0.68mg (6.83%), Vitamin B1: 0.1mg (6.47%), Vitamin B2: 0.11mg (6.45%), Vitamin E: 0.96mg (6.39%), Iron: 1.04mg (5.78%), Zinc: 0.78mg (5.23%), Folate: 18.97µg (4.74%), Copper: 0.07mg (3.73%), Calcium: 31.5mg (3.15%), Vitamin B12: 0.18µg (2.98%)