



## Chicken Salad with Asparagus

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 cups asparagus sliced (2-inch) ()
- 4 servings boston lettuce leaves
- 12 cherry tomatoes halved
- 2 cups chicken breast shredded cooked
- 1 teaspoon curry powder
- 3 tablespoons yogurt plain fat-free
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 tablespoons green onions thinly sliced

- 1 teaspoon juice of lemon
- 0.3 cup mayonnaise low-fat
- 0.1 teaspoon pepper
- 0.3 cup radishes thinly sliced
- 0.3 teaspoon salt
- 0.5 teaspoon salt

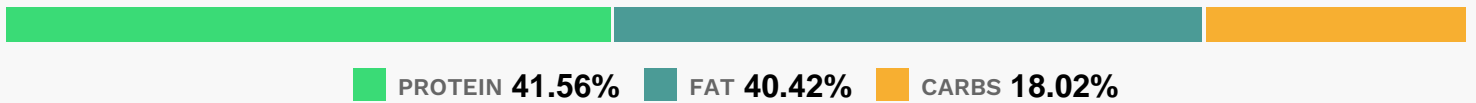
## Equipment

- bowl

## Directions

- Combine first 6 ingredients in a small bowl; set aside.
- Boil asparagus in water and 1/2 teaspoon salt 2 minutes or until crisp-tender; drain. Plunge into ice water; drain.
- Combine asparagus, chicken, radishes, onions, and mayonnaise mixture in a large bowl.
- Sprinkle with cilantro, and toss gently. Cover and chill.
- Serve over lettuce leaves, and top each serving with 6 tomato halves.
- carbo rating: 10

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:16.114782582159%

## Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg, Isorhamnetin: 4.77mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.52mg,

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## **Nutrients (% of daily need)**

Calories: 200.01kcal (10%), Fat: 9.06g (13.94%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 6.57g (2.39%), Sugar: 4.92g (5.47%), Cholesterol: 55.79mg (18.6%), Sodium: 665.47mg (28.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.96g (41.92%), Vitamin K: 54.87µg (52.26%), Vitamin B3: 6.69mg (33.43%), Selenium: 20.59µg (29.41%), Vitamin C: 18.72mg (22.69%), Phosphorus: 223.51mg (22.35%), Vitamin B6: 0.43mg (21.32%), Vitamin A: 1007.74IU (20.15%), Iron: 3.27mg (18.16%), Vitamin B2: 0.28mg (16.19%), Folate: 61.84µg (15.46%), Potassium: 523.21mg (14.95%), Vitamin B1: 0.2mg (13%), Copper: 0.25mg (12.72%), Manganese: 0.24mg (12.15%), Zinc: 1.8mg (12.03%), Vitamin E: 1.78mg (11.84%), Vitamin B5: 1.1mg (11.02%), Fiber: 2.51g (10.05%), Magnesium: 37.21mg (9.3%), Calcium: 72.55mg (7.25%), Vitamin B12: 0.29µg (4.91%)