



Chicken Salad with Mango and Apple



Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 rib celery diced
- ☐ 8 oz rotisserie chicken meat shredded skinless
- ☐ 1.5 teaspoons curry powder
- ☐ 1 medium apples i use 2 granny smith apples diced cored
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lemon (from)
- ☐ 0.5 cup yogurt plain low-fat greek-style
- ☐ 1 mangos diced pitted peeled

- ☐ 3 tablespoons olive oil
- ☐ 3 tablespoons onion red finely chopped
- ☐ 25 servings salt and pepper

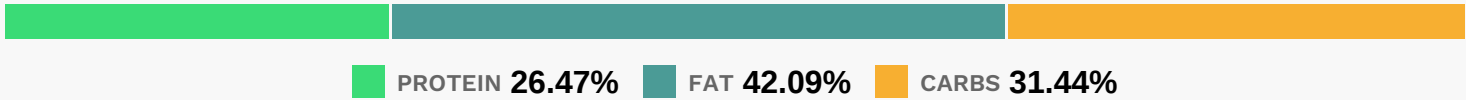
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together yogurt, olive oil, lemon juice, honey, curry powder and 1/2 tsp. salt. Cover and chill until ready to use.
- ☐ In a large bowl, toss chicken, apple, mango, celery and onion until well mixed.
- ☐ Add reserved yogurt dressing and toss well. Season with salt and pepper.
- ☐ Serve right away with whole-grain crackers or on top of salad greens. Alternatively, cover and chill to take for lunch.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:1.902173910452%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 44.03kcal (2.2%), Fat: 2.14g (3.29%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.2g (1.16%), Sugar: 3.03g (3.37%), Cholesterol: 8.37mg (2.79%), Sodium: 229.78mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.05%), Vitamin B3: 0.99mg (4.93%), Vitamin C: 4.01mg (4.86%), Selenium: 3.21µg (4.59%), Phosphorus: 33.52mg (3.35%), Vitamin E: 0.38mg (2.53%), Vitamin B6: 0.05mg (2.47%), Vitamin A: 106.12IU (2.12%), Vitamin K: 2.12µg (2.02%), Potassium: 69.51mg (1.99%), Vitamin B5: 0.19mg (1.88%), Vitamin B2: 0.03mg (1.76%), Folate: 6.56µg (1.64%), Fiber: 0.4g (1.59%), Calcium: 13.33mg (1.33%), Magnesium: 5.08mg (1.27%)