



 **81%**  
HEALTH SCORE

## Chutney Chicken Salad

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup bananas diced thinly sliced
- 3 cups basmati long-grain white cold cooked
- 3 cups boston lettuce leaves rinsed
- 1 teaspoon curry powder
- 0.5 cup raisins dried
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup major grey
- 4 servings hot sauce

- 2 limes rinsed halved
- 0.5 cup roasted salted coarsely chopped
- 4 servings salt
- 2 tablespoons shallots minced
- 0.8 cup cup heavy whipping cream plain sour (regular or nonfat)
- 2 cups boned diced cooked ()
- 2 cups boned diced cooked ()

## Equipment

- bowl
- frying pan
- oven
- kitchen scissors

## Directions

- In an 8- to 10-inch frying pan over medium-high heat, stir raisins until puffy, about 4 minutes (see notes); take care to avoid scorching.
- Pour into a small bowl.
- With scissors, snip through 1/2 cup chutney to cut apart large pieces of fruit; scrape into a large bowl.
- Add sour cream, shallot, and curry powder; mix well.
- Add rice and chicken and mix well, adding salt to taste.
- Line four wide, shallow bowls with lettuce leaves; mound chicken salad on lettuce and spread it out slightly.
- Arrange raisins, almonds, bananas, and cilantro decoratively on chicken salad; set a lime half on the side of each salad.
- Serve with additional chutney, salt, and hot sauce to add to taste.

## Nutrition Facts



■ PROTEIN 12.49% ■ FAT 5.51% ■ CARBS 82%

## Properties

Glycemic Index:64.74, Glycemic Load:75.63, Inflammation Score:-10, Nutrition Score:33.398695588112%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 697.95kcal (34.9%), Fat: 4.31g (6.63%), Saturated Fat: 1.71g (10.69%), Carbohydrates: 144.21g (48.07%), Net Carbohydrates: 137.4g (49.96%), Sugar: 20.75g (23.05%), Cholesterol: 24.6mg (8.2%), Sodium: 258.85mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 21.97g (43.95%), Vitamin K: 186.38µg (177.5%), Vitamin A: 6048.99IU (120.98%), Manganese: 2.12mg (106.25%), Selenium: 32.01µg (45.73%), Vitamin B6: 0.84mg (42.05%), Folate: 160.4µg (40.1%), Phosphorus: 365.93mg (36.59%), Potassium: 1112.68mg (31.79%), Fiber: 6.81g (27.26%), Vitamin B1: 0.4mg (26.54%), Vitamin B3: 5.23mg (26.17%), Vitamin C: 21.45mg (26%), Iron: 4.36mg (24.24%), Copper: 0.47mg (23.67%), Magnesium: 93.05mg (23.26%), Vitamin B5: 2.3mg (23.02%), Vitamin B2: 0.37mg (21.55%), Zinc: 2.88mg (19.21%), Calcium: 191.83mg (19.18%), Vitamin E: 0.81mg (5.37%), Vitamin B12: 0.32µg (5.35%), Vitamin D: 0.16µg (1.09%)