



Chutney Chicken Salad

READY IN



210 min.

SERVINGS



8

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 5 cups meat from a rotisserie chicken diced cooked
- ☐ 1 tablespoon curry powder
- ☐ 0.5 cup greek yogurt
- ☐ 1 cup green onions chopped
- ☐ 8 servings garnish: green onions thinly sliced
- ☐ 0.3 cup mango chutney
- ☐ 1 cup mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 14.1 oz piecrusts refrigerated
- ☐ 1 teaspoon salt
- ☐ 0.3 cup slivered almonds

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Bake almonds in a single layer in a shallow pan 5 to 7 minutes or until toasted and fragrant, stirring halfway through. Cool 20 minutes.
- ☐ Whisk together mayonnaise and next 5 ingredients in a large bowl.
- ☐ Add chicken, next 2 ingredients, and toasted almonds, and toss until well blended. Cover and chill 2 to 24 hours.
- ☐ Preheat oven to 45
- ☐ Cut piecrust into 8 (4 1/2-inch) rounds. Press each dough round into a lightly greased 3 1/2-inch brioche mold, pressing dough up sides. Fold dough over edge of molds, and pinch to secure. Arrange molds on a baking sheet.
- ☐ Bake at 450 for 8 minutes or until lightly browned. Cool pastry shells in molds on a wire rack 1 minute. Loosen shells from molds using a small knife; remove shells from molds to wire racks, and cool completely (about 20 minutes).
- ☐ Fill cooled pastry shells with chicken salad just before serving.

Nutrition Facts



 PROTEIN **17.05%**  FAT **57.14%**  CARBS **25.81%**

Properties

Glycemic Index:27, Glycemic Load:5.7, Inflammation Score:-5, Nutrition Score:18.814782790516%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 668.56kcal (33.43%), Fat: 42.24g (64.98%), Saturated Fat: 9.15g (57.21%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 39.1g (14.22%), Sugar: 9.18g (10.2%), Cholesterol: 78.01mg (26%), Sodium: 754.31mg (32.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.71%), Vitamin K: 88.52µg (84.3%), Vitamin B3: 8.72mg (43.61%), Selenium: 27.28µg (38.97%), Phosphorus: 269.26mg (26.93%), Vitamin B6: 0.49mg (24.67%), Manganese: 0.46mg (23.17%), Vitamin B2: 0.34mg (20.23%), Iron: 3.55mg (19.73%), Vitamin E: 2.81mg (18.71%), Fiber: 3.82g (15.28%), Folate: 60.72µg (15.18%), Vitamin B1: 0.23mg (15.04%), Zinc: 2.08mg (13.89%), Vitamin B5: 1.24mg (12.44%), Potassium: 431.65mg (12.33%), Magnesium: 48.23mg (12.06%), Copper: 0.22mg (11.1%), Calcium: 70.11mg (7.01%), Vitamin C: 5.38mg (6.52%), Vitamin B12: 0.37µg (6.25%), Vitamin A: 247.3IU (4.95%)