

Coronation Chicken

 **Gluten Free**  **Dairy Free**

READY IN



120 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cashew pieces toasted
- 1 teaspoon mild curry powder
- 1 pinch salt and ground pepper black
- 1 teaspoon juice of lemon fresh
- 1 pound mangos peeled thinly sliced
- 1 tablespoon mango chutney
- 0.7 cup mayonnaise
- 0.3 cup sultana raisins

6 chicken breast halves boneless skinless

Equipment

bowl

pot

Directions

In a large pot, cook chicken in lightly salted boiling water for 20 minutes.

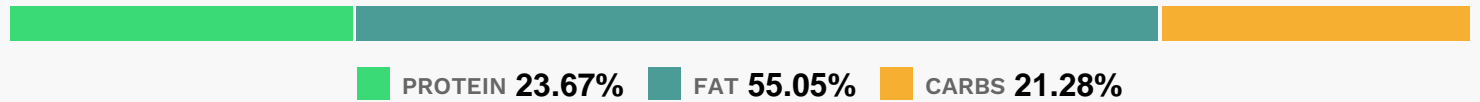
Drain, cool, and cut into 1/2-inch strips.

In a large bowl, stir together chicken strips, raisins, and half of the mango.

In a medium bowl, mix together mayonnaise, curry powder, chutney, and lemon juice. Season with salt and pepper, then toss gently with chicken mixture. Stir in half the nuts.

Transfer to a platter, and garnish with remaining mango strips and cashews.

Nutrition Facts



Properties

Glycemic Index:46.29, Glycemic Load:11.05, Inflammation Score:-8, Nutrition Score:21.792608432148%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 467.01kcal (23.35%), Fat: 29g (44.61%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 25.23g (8.41%), Net Carbohydrates: 22.79g (8.29%), Sugar: 13.1g (14.55%), Cholesterol: 82.77mg (27.59%), Sodium: 295.32mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Vitamin B3: 12.57mg (62.83%), Selenium: 40.57µg (57.96%), Vitamin B6: 1.03mg (51.28%), Vitamin K: 49.83µg (47.46%), Vitamin C: 30.04mg (36.42%),

Phosphorus: 356.66mg (35.67%), Copper: 0.5mg (25.19%), Magnesium: 87.75mg (21.94%), Potassium: 731.76mg (20.91%), Vitamin B5: 1.95mg (19.47%), Manganese: 0.37mg (18.63%), Vitamin A: 871.48IU (17.43%), Vitamin E: 1.94mg (12.9%), Vitamin B1: 0.17mg (11.65%), Zinc: 1.72mg (11.49%), Iron: 1.99mg (11.08%), Folate: 43.59µg (10.9%), Vitamin B2: 0.17mg (10.24%), Fiber: 2.44g (9.77%), Vitamin B12: 0.26µg (4.26%), Calcium: 26.56mg (2.66%), Vitamin D: 0.16µg (1.09%)