



Coronation chicken naans with Indian slaw

READY IN



20 min.

SERVINGS



4

CALORIES



842 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ready-roasted chicken
- ☐ 2 packs 4 coriander and garlic naan bread mini
- ☐ 150 ml yogurt
- ☐ 150 ml mayonnaise light
- ☐ 1 tbsp mild curry powder
- ☐ 4 tbsp mango chutney
- ☐ 1 small bunch coriander roughly chopped
- ☐ 2 large carrots grated
- ☐ 1 cabbage shredded red

☐ 2 tsp mustard seed black

Equipment

☐ bowl

☐ toaster

Directions

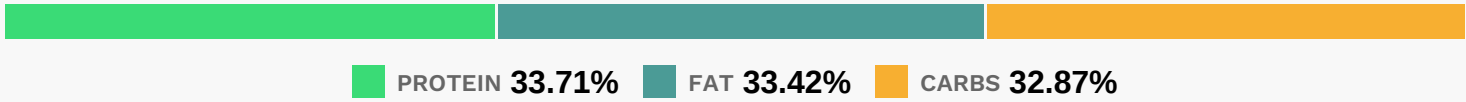
☐ Shred the meat from the chicken and set aside. To make the sauce, mix the yogurt, mayonnaise, curry powder, chutney and some seasoning with half the coriander. Toss this through the chicken.

☐ To make the slaw, mix the carrots, cabbage and mustard seeds in a large bowl with the remaining coriander, then season.

☐ Heat the naan breads in the toaster. Allow 2 per person and top with some of the slaw, then the chicken mixture.

☐ Serve sprinkled with coriander, with extra slaw on the side.

Nutrition Facts



Properties

Glycemic Index:47.46, Glycemic Load:12.51, Inflammation Score:-10, Nutrition Score:42.738695673321%

Flavonoids

Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg, Cyanidin: 440.12mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 842.27kcal (42.11%), Fat: 30.98g (47.66%), Saturated Fat: 7.49g (46.8%), Carbohydrates: 68.56g (22.85%), Net Carbohydrates: 61.23g (22.27%), Sugar: 24.63g (27.36%), Cholesterol: 195.69mg (65.23%), Sodium: 1004.69mg (43.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.31g (140.62%), Vitamin A: 8667.47IU (173.35%), Vitamin C: 124.43mg (150.82%), Vitamin K: 111.85µg (106.52%), Vitamin B3: 20.31mg (101.55%), Selenium: 64.88µg

(92.69%), Vitamin B6: 1.51mg (75.71%), Phosphorus: 597.08mg (59.71%), Potassium: 1303.19mg (37.23%), Manganese: 0.71mg (35.73%), Vitamin B2: 0.6mg (35.24%), Zinc: 4.6mg (30.64%), Iron: 5.45mg (30.28%), Vitamin B5: 2.93mg (29.35%), Fiber: 7.33g (29.3%), Magnesium: 102.67mg (25.67%), Calcium: 239.08mg (23.91%), Vitamin B1: 0.34mg (22.5%), Folate: 68.22µg (17.05%), Vitamin B12: 0.84µg (13.99%), Copper: 0.24mg (12.13%), Vitamin E: 1.74mg (11.6%)