



## Creamy Curried Chicken Salad

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



15

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 1 tsp curry powder
- 0.3 cup green onion
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp raisins
- 2 Tbsp planters slivered almonds toasted

### Equipment

## Directions

- Mix all ingredients until well blended; cover.
- Refrigerate several hours or overnight.
- Serve with assorted crackers and mini pita halves. Or, serve in Boston or Red Leaf lettuce cups.

## Nutrition Facts

**PROTEIN 38.8%** **FAT 50.38%** **CARBS 10.82%**

## Properties

Glycemic Index:10.39, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:3.3860869802859%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 77.41kcal (3.87%), Fat: 4.3g (6.62%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0.12g (0.14%), Cholesterol: 20.85mg (6.95%), Sodium: 41.4mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin B3: 3.19mg (15.97%), Vitamin K: 9.74µg (9.27%), Selenium: 6.44µg (9.21%), Vitamin B6: 0.14mg (7.23%), Phosphorus: 61.49mg (6.15%), Vitamin E: 0.56mg (3.76%), Magnesium: 11.49mg (2.87%), Vitamin B2: 0.05mg (2.77%), Potassium: 91.74mg (2.62%), Manganese: 0.05mg (2.42%), Vitamin B5: 0.23mg (2.34%), Iron: 0.41mg (2.27%), Zinc: 0.29mg (1.93%), Copper: 0.03mg (1.7%), Fiber: 0.39g (1.56%), Vitamin B1: 0.02mg (1.5%), Vitamin B12: 0.08µg (1.36%)