



WHATSheATE



Crunchy Coronation chicken salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 1 tsp curry powder
- ☐ 3 tbsp olive oil
- ☐ 2 tbsp mango chutney (we like Bay Tree)
- ☐ 0.5 optional: lemon
- ☐ 0.5 cucumber sliced into sticks
- ☐ 50 g watercress
- ☐ 2 tbsp almonds flaked toasted

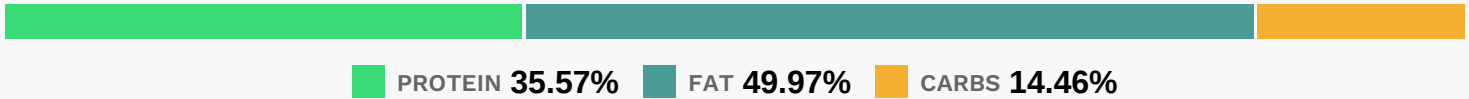
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Toss the chicken breasts with the curry powder and 1 tbsp of the oil.
- ☐ Heat a large non-stick pan and cook the chicken for 5-6 mins on each side until golden and cooked through, then cut into strips.
- ☐ Whisk together the remaining oil and mango chutney with a good squeeze of lemon juice. Then, in a large bowl, toss with the cucumber, watercress, chicken and most of the flaked almonds. Divide between two bowls, scatter with the rest of the almonds, and enjoy with some crusty bread on the side.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:8.24, Inflammation Score:-8, Nutrition Score:33.067390783973%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg, Eriodictyol: 5.79mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg, Kaempferol: 5.8mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 579.61kcal (28.98%), Fat: 32.22g (49.57%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 17.77g (6.46%), Sugar: 11.92g (13.25%), Cholesterol: 144.64mg (48.21%), Sodium: 281.89mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.61g (103.23%), Vitamin B3: 24.08mg (120.4%), Selenium: 73.71µg (105.3%), Vitamin B6: 1.81mg (90.7%), Vitamin K: 81.99µg (78.09%), Phosphorus: 565.06mg (56.51%), Vitamin E: 6.57mg (43.8%), Vitamin C: 32.05mg (38.84%), Vitamin B5: 3.58mg (35.8%), Potassium: 1162.3mg (33.21%), Magnesium: 105.51mg (26.38%), Vitamin B2: 0.41mg (24.24%), Manganese: 0.44mg (21.86%), Vitamin A: 935.45IU (18.71%), Vitamin B1: 0.23mg (15.16%), Copper: 0.27mg (13.73%), Fiber: 3.21g (12.83%), Zinc: 1.85mg (12.31%), Iron: 2.1mg (11.64%), Calcium: 94.71mg (9.47%), Folate: 32.9µg (8.23%), Vitamin B12: 0.45µg (7.53%), Vitamin D: 0.23µg (1.51%)