



Curried Chicken and Grape Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup salad dressing
- 2 tablespoons juice of lemon
- 2 teaspoons curry powder
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 3 cups rotisserie chicken cut diced (from)
- 1 cup celery thinly sliced
- 1 cup grapes red seedless halved

3 tablespoons slivered almonds toasted

Equipment

bowl

Directions

In large bowl, stir dressing ingredients until well mixed.

Fold in chicken, celery and grapes.

Sprinkle with almonds.

Nutrition Facts

 **PROTEIN 42.37%** **FAT 46.06%** **CARBS 11.57%**

Properties

Glycemic Index:25, Glycemic Load:2.55, Inflammation Score:-1, Nutrition Score:5.0900000178296%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 380.17kcal (19.01%), Fat: 19.76g (30.4%), Saturated Fat: 4.05g (25.3%), Carbohydrates: 11.17g (3.72%), Net Carbohydrates: 9.52g (3.46%), Sugar: 7.95g (8.83%), Cholesterol: 136.27mg (45.42%), Sodium: 975.8mg (42.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.79%), Vitamin K: 24.45µg (23.29%), Vitamin E: 2.35mg (15.66%), Manganese: 0.23mg (11.75%), Fiber: 1.65g (6.62%), Vitamin B2: 0.1mg (6.14%), Magnesium: 24.28mg (6.07%), Copper: 0.12mg (6.03%), Potassium: 193.82mg (5.54%), Vitamin C: 4.1mg (4.97%), Phosphorus: 46.7mg (4.67%), Vitamin B6: 0.08mg (3.82%), Iron: 0.69mg (3.81%), Calcium: 35.07mg (3.51%), Folate: 12.97µg (3.24%), Vitamin B1: 0.05mg (3.04%), Vitamin A: 127.94IU (2.56%), Vitamin B3: 0.4mg (2.02%), Zinc: 0.29mg (1.92%), Selenium: 0.98µg (1.39%), Vitamin B5: 0.1mg (1.02%)