



WHATSheATE



Curried Chicken and Grape Salad



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 8 cups baby spinach
- ☐ 3 cups chicken shredded boneless skinless cooked
- ☐ 2 teaspoons curry powder
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 1 cup grapes red seedless halved

☐ 0.5 teaspoon salt

Equipment

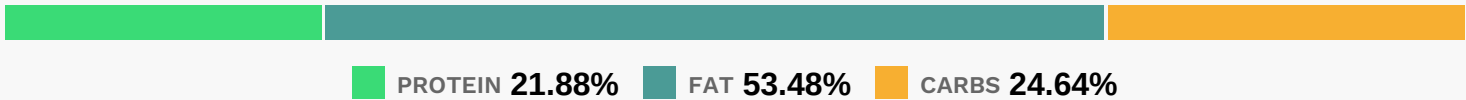
☐ bowl

☐ whisk

Directions

- ☐ Whisk together mayonnaise, yogurt, curry powder, lemon zest and salt.
- ☐ Combine chicken and grapes in a large bowl, add dressing and toss to coat. Chill for 15minutes.
- ☐ Arrange spinach on 4dinner plates. Top with chicken salad, sprinkle with almonds, and serve.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:3.33, Inflammation Score:-10, Nutrition Score:21.863043528536%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

Nutrients (% of daily need)

Calories: 206.94kcal (10.35%), Fat: 12.77g (19.65%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 10.51g (3.82%), Sugar: 7.97g (8.85%), Cholesterol: 33.67mg (11.22%), Sodium: 494.41mg (21.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Vitamin K: 304.47µg (289.97%), Vitamin A: 5735.72IU (114.71%), Manganese: 0.75mg (37.47%), Folate: 125.94µg (31.49%), Vitamin C: 19.28mg (23.37%), Vitamin E: 3.42mg (22.77%), Magnesium: 79.17mg (19.79%), Vitamin B3: 3.53mg (17.67%), Vitamin B2: 0.29mg (17.06%), Potassium: 582mg (16.63%), Vitamin B6: 0.32mg (15.97%), Phosphorus: 152.08mg (15.21%), Iron: 2.67mg (14.85%), Calcium: 117.27mg (11.73%), Selenium: 7.77µg (11.11%), Fiber: 2.74g (10.95%), Copper: 0.22mg (10.9%), Zinc: 1.24mg

(8.3%), Vitamin B1: 0.12mg (7.97%), Vitamin B5: 0.55mg (5.54%), Vitamin B12: 0.21µg (3.53%)