



Curried chicken & mango salad

 Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 fillet chicken mini
- ☐ 1 tsp olive oil
- ☐ 2 tsp curry powder
- ☐ 4 tbsp greek yogurt
- ☐ 2 tbsp mango chutney
- ☐ 0.5 lime zest
- ☐ 1 lettuce separated
- ☐ 1 mangos ripe peeled sliced

- ☐ 0.5 onion red finely sliced
- ☐ 2 tsp sesame seed toasted

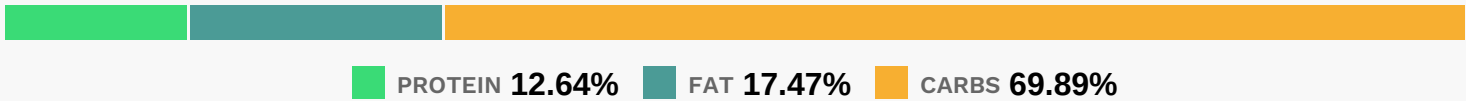
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss the chicken in the oil and 1 tsp of the curry powder, season and mix well to coat.
- ☐ Put the chicken on a foil-lined baking tray and bake for 20 mins until cooked through. Leave to cool a little, then slice.
- ☐ Meanwhile, make the dressing. In a bowl, combine the remaining curry powder with the yogurt, chutney and lime zest and juice (add 1 tbsp water if the dressing is a little thick).
- ☐ To serve, arrange the lettuce leaves on 2 plates. Top with the mango and cooked chicken, then drizzle with the dressing. Scatter with the red onion and sesame seeds before serving.

Nutrition Facts



Properties

Glycemic Index:118.88, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:20.017391538166%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg

Kaempferol: 0.63mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg, Quercetin: 9.48mg

Nutrients (% of daily need)

Calories: 234.05kcal (11.7%), Fat: 4.93g (7.58%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 37.41g (13.61%), Sugar: 31.68g (35.2%), Cholesterol: 3.75mg (1.25%), Sodium: 50.03mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin K: 72.9µg (69.43%), Vitamin C: 54.17mg (65.65%), Vitamin A: 2506.98IU (50.14%), Folate: 138.73µg (34.68%), Manganese: 0.59mg (29.26%), Fiber: 6.95g (27.79%), Potassium: 714.72mg (20.42%), Vitamin B6: 0.35mg (17.45%), Copper: 0.33mg (16.42%), Vitamin E: 2.26mg (15.09%), Phosphorus: 147.95mg (14.8%), Calcium: 138.46mg (13.85%), Iron: 2.47mg (13.72%), Vitamin B2: 0.23mg (13.6%), Vitamin B1: 0.19mg (12.64%), Magnesium: 49.77mg (12.44%), Selenium: 5.93µg (8.47%), Vitamin B3: 1.52mg (7.62%), Zinc: 1.01mg (6.73%), Vitamin B5: 0.65mg (6.51%), Vitamin B12: 0.22µg (3.65%)