



## Curried Chicken Party Rolls

READY IN



70 min.

SERVINGS



10

CALORIES



242 kcal

### Ingredients

- 2 cups meat from a rotisserie chicken cooked chopped
- 2 tsp curry powder
- 12 small dinner rolls
- 0.3 cup green onion
- 0.5 cup miracle whip dressing
- 0.3 cup orange marmalade
- 0.5 cup raisins

### Equipment

- bowl

## Directions

- Mix dressing, marmalade and curry powder in large bowl.
- Add all remaining ingredients except rolls; mix lightly. Cover. Refrigerate at least 1 hour.
- Slice tops off dinner rolls. Scoop out centers; discard or reserve for another use. Spoon chicken salad into prepared rolls; cover with tops of rolls.

## Nutrition Facts



## Properties

Glycemic Index:9.58, Glycemic Load:3.1, Inflammation Score:-3, Nutrition Score:9.6586955733921%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 241.58kcal (12.08%), Fat: 5.55g (8.54%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 34.17g (12.43%), Sugar: 7.02g (7.8%), Cholesterol: 22.15mg (7.38%), Sodium: 398.97mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.77g (23.54%), Selenium: 24.09µg (34.42%), Manganese: 0.57mg (28.74%), Vitamin B3: 4.42mg (22.09%), Vitamin B1: 0.25mg (16.78%), Iron: 2.54mg (14.12%), Fiber: 2.95g (11.8%), Vitamin B2: 0.2mg (11.79%), Phosphorus: 116.14mg (11.61%), Calcium: 103.72mg (10.37%), Folate: 35.51µg (8.88%), Vitamin B6: 0.18mg (8.76%), Magnesium: 28.31mg (7.08%), Vitamin K: 6.97µg (6.64%), Copper: 0.13mg (6.39%), Zinc: 0.93mg (6.21%), Potassium: 205.55mg (5.87%), Vitamin B5: 0.47mg (4.66%), Vitamin E: 0.29mg (1.95%), Vitamin C: 1.29mg (1.56%), Vitamin B12: 0.08µg (1.35%), Vitamin A: 54.11IU (1.08%)