



Curried Chicken-Rice Salad

 Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 ounce microwaveable brown rice frozen (such as Birds Eye)
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup cherry-flavored cranberries dried sweetened (such as Craisins)
- ☐ 1 pound chicken breast cooked chopped
- ☐ 1 teaspoon curry powder
- ☐ 1 cup vanilla yogurt fat-free
- ☐ 1.5 cups gala apple chopped (1 medium)
- ☐ 0.3 teaspoon salt

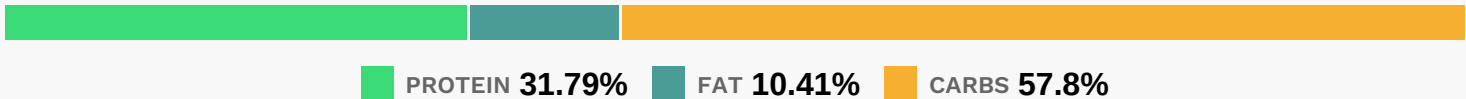
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Prepare rice according to package directions.
- ☐ Spread rice in a shallow pan; place in freezer 8 to 10 minutes.
- ☐ While rice chills, combine yogurt, curry powder, and salt in a large bowl.
- ☐ Add chicken and next 3 ingredients to yogurt mixture, stirring until coated.
- ☐ Stir chilled rice into chicken mixture. Spoon chicken salad onto lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:21.29, Glycemic Load:21.38, Inflammation Score:-5, Nutrition Score:18.355652223463%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 368.64kcal (18.43%), Fat: 4.22g (6.49%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 52.69g (17.56%), Net Carbohydrates: 49.82g (18.12%), Sugar: 14.8g (16.44%), Cholesterol: 65.08mg (21.69%), Sodium: 185.88mg (8.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.98g (57.96%), Manganese: 1.84mg (92.16%), Vitamin B3: 12.54mg (62.69%), Vitamin B6: 0.74mg (36.76%), Phosphorus: 352.72mg (35.27%), Selenium: 23.44µg (33.48%),

Magnesium: 99.15mg (24.79%), Vitamin B1: 0.27mg (18.2%), Vitamin B5: 1.49mg (14.86%), Zinc: 2.05mg (13.7%), Potassium: 462.34mg (13.21%), Vitamin B2: 0.2mg (11.49%), Fiber: 2.87g (11.48%), Iron: 1.84mg (10.22%), Calcium: 96.35mg (9.63%), Copper: 0.19mg (9.49%), Vitamin B12: 0.45µg (7.48%), Folate: 20.63µg (5.16%), Vitamin K: 4.55µg (4.33%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.03mg (2.46%), Vitamin A: 78.73IU (1.57%)