



## Curried Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**944 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup medium-diced celery (2 large stalks)
- 6 chicken breasts whole split bone-in
- 3 tablespoons curry powder
- 0.3 cup cooking wine dry white
- 6 servings kosher salt and pepper black freshly ground
- 1.5 cups mayonnaise good (recommended: Hellman's)
- 0.3 cup chutney (recommended: Major Grey's)
- 6 servings olive oil

- 0.3 cup raisins
- 1 cup roasted salted whole
- 0.3 cup scallions white green chopped (2 scallions)

## Equipment

- food processor
- bowl
- frying pan
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the chicken breasts on a sheet pan and rub the skin with olive oil.
- Sprinkle liberally with salt and pepper. Roast for 35 to 40 minutes, until the chicken is just cooked. Set aside until cool enough to handle.
- Remove the meat from the bones, discard the skin, and dice the chicken into large bite-size pieces.
- For the dressing, combine the mayonnaise, wine, chutney, curry powder, and 1 1/2 teaspoons salt in the bowl of a food processor fitted with the steel blade. Process until smooth.
- Combine the chicken with enough dressing to moisten well.
- Add the celery, scallions, and raisins, and mix well. Refrigerate for a few hours to allow the flavors to blend.
- Add the cashews and serve at room temperature.

## Nutrition Facts

 **PROTEIN 22.55%**  **FAT 70.58%**  **CARBS 6.87%**

## Properties

Glycemic Index:37.47, Glycemic Load:2.94, Inflammation Score:-7, Nutrition Score:33.423913167871%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 944.47kcal (47.22%), Fat: 73.39g (112.91%), Saturated Fat: 12.23g (76.46%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 13.57g (4.93%), Sugar: 2g (2.22%), Cholesterol: 168.16mg (56.05%), Sodium: 933.01mg (40.57%), Alcohol: 1.37g (100%), Alcohol %: 0.47% (100%), Protein: 52.76g (105.51%), Vitamin B3: 24.15mg (120.77%), Vitamin K: 124.85µg (118.91%), Selenium: 76.94µg (109.91%), Vitamin B6: 1.82mg (91.17%), Phosphorus: 621.38mg (62.14%), Vitamin B5: 3.65mg (36.49%), Vitamin E: 5.22mg (34.81%), Magnesium: 132.31mg (33.08%), Potassium: 1138.74mg (32.54%), Copper: 0.63mg (31.62%), Manganese: 0.42mg (21.18%), Iron: 3.59mg (19.93%), Zinc: 2.86mg (19.07%), Vitamin B2: 0.32mg (18.64%), Vitamin B1: 0.22mg (14.46%), Folate: 41.27µg (10.32%), Fiber: 2.49g (9.98%), Vitamin A: 483.11IU (9.66%), Vitamin B12: 0.52µg (8.65%), Vitamin C: 6.1mg (7.4%), Calcium: 53.6mg (5.36%), Vitamin D: 0.34µg (2.25%)