



## Curried Chicken Salad

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon ground ginger
- 0.5 teaspoon salt
- 1.5 lb chicken breast boneless skinless
- 0.5 cup mayonnaise
- 0.8 pound mangos pitted peeled chopped
- 1 cup onion red chopped
- 0.3 teaspoon pepper black
- 1 tablespoon juice of lime fresh

- 5 teaspoons curry powder
- 5 ounces grapes red seedless halved
- 1 teaspoon honey
- 0.5 cup roasted cashews salted coarsely chopped
- 1.8 cups chicken broth
- 0.3 cup yogurt plain

## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Bring 4 cups water to a simmer with chicken broth in a 2- to 3-quart saucepan.
- Add chicken and simmer, uncovered, 6 minutes.
- Remove pan from heat and cover, then let stand until chicken is cooked through, about 15 minutes.
- Transfer chicken to a plate and cool 10 minutes. Chop into 1/2-inch pieces.
- While chicken is cooling, whisk together mayonnaise, yogurt, curry, lime juice, honey, ginger, salt, and pepper in a large bowl.
- Add chicken, onion, mango, grapes, and cashews and stir gently to combine.

## Nutrition Facts



PROTEIN 27.31% FAT 50.96% CARBS 21.73%

## Properties

Glycemic Index:47.17, Glycemic Load:7.06, Inflammation Score:-7, Nutrition Score:21.076521899389%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 405.5kcal (20.27%), Fat: 23.3g (35.84%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 19.83g (7.21%), Sugar: 15.22g (16.91%), Cholesterol: 83.56mg (27.85%), Sodium: 780.61mg (33.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.09g (56.18%), Vitamin B3: 12.68mg (63.41%), Selenium: 39.52µg (56.45%), Vitamin B6: 1.03mg (51.29%), Vitamin K: 42.4µg (40.38%), Phosphorus: 340.69mg (34.07%), Vitamin C: 25.74mg (31.2%), Copper: 0.42mg (20.96%), Potassium: 733.15mg (20.95%), Vitamin B5: 2.01mg (20.08%), Magnesium: 76.62mg (19.16%), Manganese: 0.37mg (18.55%), Vitamin B2: 0.25mg (14.75%), Vitamin A: 708.8IU (14.18%), Vitamin E: 1.9mg (12.68%), Folate: 47.1µg (11.77%), Vitamin B1: 0.17mg (11%), Zinc: 1.65mg (10.97%), Iron: 1.97mg (10.96%), Fiber: 2.53g (10.1%), Calcium: 55.31mg (5.53%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.16µg (1.1%)