



Curried Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery diced
- ☐ 2 teaspoons curry powder
- ☐ 8 servings fruit fresh
- ☐ 4 green onions minced
- ☐ 8 cups gourmet greens
- ☐ 1 cup mayonnaise
- ☐ 0.5 teaspoon pepper
- ☐ 6 cups roasted cooked chopped

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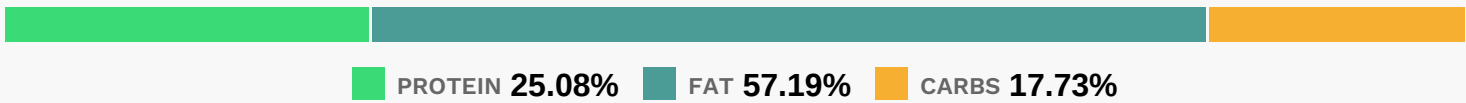
0.8 teaspoon salt

Equipment

Directions

- ☐ Stir together first 8 ingredients. Chill. Spoon about 1 cup chicken salad onto a bed of gourmet greens.
- ☐ Serve with fresh fruit.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:15.436086929363%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 443.59kcal (22.18%), Fat: 28.14g (43.29%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.37g (6.32%), Sugar: 13.65g (15.17%), Cholesterol: 90.51mg (30.17%), Sodium: 492.33mg (21.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.76g (55.52%), Vitamin K: 64.29µg (61.23%), Vitamin B3: 9.01mg (45.05%), Selenium: 26.76µg (38.23%), Vitamin B6: 0.49mg (24.68%), Phosphorus: 241.52mg (24.15%), Vitamin A: 940.08IU (18.8%), Vitamin C: 13.08mg (15.85%), Potassium: 446.95mg (12.77%), Vitamin B2: 0.21mg (12.63%), Zinc: 1.87mg (12.5%), Iron: 2.2mg (12.22%), Vitamin B5: 1.17mg (11.72%), Copper: 0.19mg (9.25%), Fiber: 2.25g (9.01%), Magnesium: 35.37mg (8.84%), Manganese: 0.16mg (7.92%), Folate: 28.54µg (7.14%), Vitamin E: 1.06mg (7.09%), Vitamin B1: 0.1mg (6.59%), Vitamin B12: 0.34µg (5.64%), Calcium: 33.46mg (3.35%)