



Curried Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small carrots grated
- ☐ 2 teaspoons cider vinegar
- ☐ 4 cups chicken breasts cooked chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.8 cup mayonnaise light
- ☐ 1 teaspoon curry paste red
- ☐ 2 tablespoons roasted salted chopped

☐ 0.1 teaspoon salt

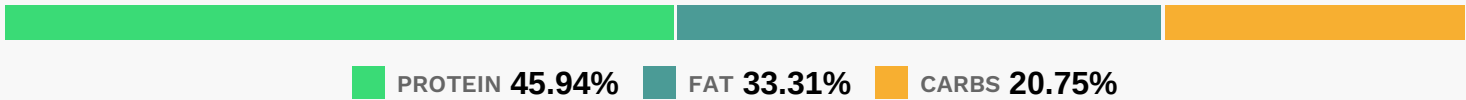
Equipment

☐ bowl

Directions

- ☐ Stir together mayonnaise, cilantro, vinegar, red curry paste, and salt in a large bowl.
- ☐ Add chicken, carrots, and golden raisins; toss to coat. Cover and chill 1 to 24 hours.
- ☐ Sprinkle with almonds before serving.

Nutrition Facts



Properties

Glycemic Index:35.1, Glycemic Load:6.85, Inflammation Score:-9, Nutrition Score:17.548260849455%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 326.19kcal (16.31%), Fat: 11.89g (18.29%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.48g (5.63%), Sugar: 10.81g (12.01%), Cholesterol: 104.3mg (34.77%), Sodium: 437.56mg (19.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.78%), Vitamin B3: 16.07mg (80.33%), Vitamin A: 3561.94IU (71.24%), Selenium: 33.55µg (47.93%), Vitamin B6: 0.79mg (39.61%), Phosphorus: 297.66mg (29.77%), Vitamin K: 22.27µg (21.21%), Potassium: 494.15mg (14.12%), Vitamin B5: 1.22mg (12.21%), Magnesium: 42.33mg (10.58%), Vitamin B2: 0.18mg (10.5%), Zinc: 1.35mg (8.98%), Iron: 1.6mg (8.88%), Vitamin B1: 0.12mg (8.12%), Vitamin E: 1.2mg (8.01%), Vitamin B12: 0.41µg (6.85%), Copper: 0.13mg (6.35%), Manganese: 0.1mg (5.06%), Fiber: 1.18g (4.73%), Calcium: 35.13mg (3.51%), Folate: 10.21µg (2.55%), Vitamin C: 1.79mg (2.17%)