



Curried Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon almonds toasted sliced
- ☐ 0.5 cup apples diced peeled
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounces chicken breast cooked chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 1 tablespoon currants dried
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon juice of lemon fresh

- ☐ 3 tablespoons mayonnaise low-fat
- ☐ 2 tablespoons pineapple diced
- ☐ 0.5 cup grapes red seedless halved
- ☐ 0.1 teaspoon salt

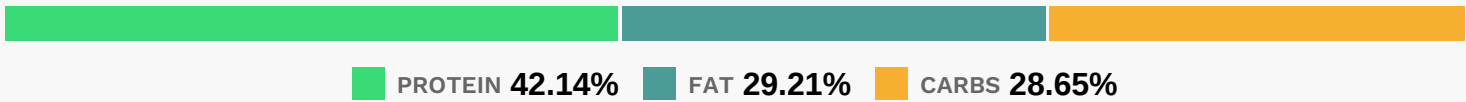
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine mayonnaise and next 5 ingredients (through pepper), stirring with a whisk.
- ☐ Pour mayonnaise mixture over chicken mixture; toss gently to coat.
- ☐ Sprinkle with almonds. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:130.47, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:16.743913090747%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg, Epicatechin: 2.38mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 350.33kcal (17.52%), Fat: 11.43g (17.58%), Saturated Fat: 2.11g (13.19%), Carbohydrates: 25.22g (8.41%), Net Carbohydrates: 22.76g (8.28%), Sugar: 19.11g (21.24%), Cholesterol: 99.75mg (33.25%), Sodium: 407.85mg (17.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.1g (74.19%), Vitamin B3: 16.05mg (80.26%), Selenium: 32.28µg (46.11%), Vitamin B6: 0.78mg (38.96%), Phosphorus: 307.53mg (30.75%), Manganese: 0.39mg (19.28%), Vitamin K: 18.87µg (17.97%), Vitamin E: 2.3mg (15.32%), Potassium: 525.91mg (15.03%), Magnesium: 57.12mg (14.28%), Vitamin B2: 0.24mg (14.08%), Vitamin C: 10.62mg (12.88%), Vitamin B5: 1.21mg (12.08%), Iron: 1.93mg (10.71%), Copper: 0.21mg (10.67%), Vitamin B1: 0.15mg (9.87%), Fiber: 2.46g (9.84%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.39µg (6.43%), Calcium: 49.21mg (4.92%), Folate: 13.79µg (3.45%), Vitamin A: 100.09IU (2%)