



Curried Chicken Salad in Lettuce Cups

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

READY IN



60 min.

SERVINGS



6

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings boston lettuce leaves for serving
- 2 stalks celery thinly sliced
- 4 chicken thighs whole
- 0.5 bunch cilantro stems
- 0.5 bunch cilantro leaves chopped
- 1 teaspoon curry powder
- 1 teaspoon honey
- 6 servings kosher salt and pepper black freshly ground

- 1 optional: lemon quartered
- 1 teaspoon juice of lemon freshly squeezed
- 0.3 cup mayonnaise
- 0.8 cup grapes red seedless halved
- 3 scallions thinly sliced

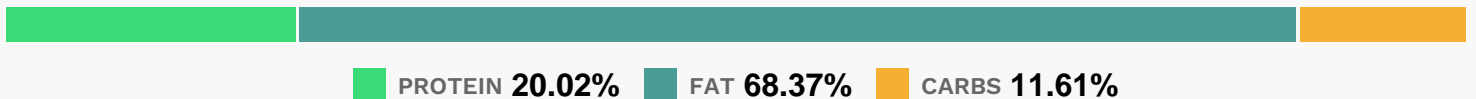
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Put the chicken thighs, lemon, cilantro leaves and stems into a skillet or saucepan. Fill with water just to cover the chicken and season generously with salt and pepper. Bring to a boil over medium heat, then reduce the heat to maintain a very gentle simmer. Cook until the chicken is tender and falling from the bones, about 40 to 45 minutes.
- Remove the chicken from the poaching liquid and allow to cool. When cool, remove the skin and strip the meat from the bones, discarding the skin and bones. Reserve the meat.
- In a bowl, mix together the mayonnaise, curry, honey, and lemon juice. Stir in the scallions, celery, and grapes until combined.
- Add the cooled chicken meat and toss to combine. Season with salt and pepper, to taste.
- Serve heaping portions of the salad in butter lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:2.49, Inflammation Score:-4, Nutrition Score:9.204782532609%

Flavonoids

Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg, Eriodictyol: 3.89mg Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg, Hesperetin: 5.14mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 255.98kcal (12.8%), Fat: 19.67g (30.27%), Saturated Fat: 4.5g (28.12%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.29g (2.29%), Sugar: 4.76g (5.29%), Cholesterol: 77.75mg (25.92%), Sodium: 130.55mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Vitamin K: 41.53µg (39.55%), Selenium: 14.57µg (20.82%), Vitamin B3: 3.66mg (18.3%), Vitamin B6: 0.31mg (15.54%), Vitamin C: 12.45mg (15.09%), Phosphorus: 135.47mg (13.55%), Vitamin B5: 0.87mg (8.75%), Vitamin B12: 0.49µg (8.22%), Potassium: 285.68mg (8.16%), Vitamin B2: 0.13mg (7.93%), Zinc: 1.05mg (6.98%), Vitamin A: 327.91IU (6.56%), Vitamin B1: 0.09mg (5.71%), Iron: 0.97mg (5.36%), Magnesium: 21.4mg (5.35%), Fiber: 1.23g (4.93%), Vitamin E: 0.71mg (4.71%), Manganese: 0.09mg (4.52%), Copper: 0.09mg (4.41%), Folate: 16µg (4%), Calcium: 26.39mg (2.64%)