



Curried Chicken Salad in Naan

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricots dried diced
- 2 tablespoons cashew pieces unsalted chopped
- 1 teaspoon curry powder
- 0.5 teaspoon ginger fresh grated peeled
- 1 tablespoon parsley fresh chopped
- 0.8 cup grapes green seedless halved
- 0.3 cup green onions thinly sliced
- 6 tablespoons mayonnaise reduced-fat

- 24 inch naan breads
- 1.5 teaspoons orange juice
- 0.5 teaspoon orange rind grated
- 0.8 pound roasted diced boneless skinless
- 3 cups watercress trimmed

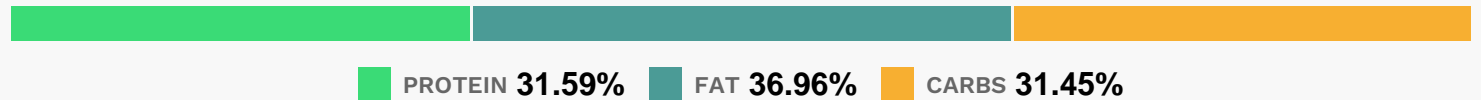
Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients in a large bowl; stir with a whisk.
- Add chicken and next 5 ingredients (through parsley) to mayonnaise mixture, tossing to coat.
- Heat naan according to the package directions, if desired.
- Spoon about 3/4 cup chicken mixture onto each naan. Top with 3/4 cup watercress; fold over.

Nutrition Facts



Properties

Glycemic Index:68.15, Glycemic Load:4.4, Inflammation Score:-8, Nutrition Score:18.944347785867%

Flavonoids

Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg, Kaempferol: 5.97mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 283.45kcal (14.17%), Fat: 11.72g (18.03%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 20.65g (7.51%), Sugar: 10.7g (11.89%), Cholesterol: 58.16mg (19.39%), Sodium: 333.75mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.07%), Vitamin K: 110.96µg (105.67%),

Vitamin B6: 0.74mg (37.23%), Selenium: 25.67µg (36.67%), Vitamin B1: 0.45mg (30.11%), Vitamin B3: 5.33mg (26.67%), Vitamin A: 1297.7IU (25.95%), Phosphorus: 256.11mg (25.61%), Vitamin C: 16.2mg (19.64%), Potassium: 627.39mg (17.93%), Vitamin B2: 0.23mg (13.34%), Zinc: 1.97mg (13.15%), Copper: 0.26mg (12.96%), Magnesium: 50.54mg (12.64%), Manganese: 0.23mg (11.28%), Vitamin E: 1.43mg (9.53%), Vitamin B5: 0.84mg (8.4%), Iron: 1.5mg (8.35%), Vitamin B12: 0.43µg (7.23%), Fiber: 1.78g (7.13%), Calcium: 63.94mg (6.39%), Folate: 12.94µg (3.24%), Vitamin D: 0.34µg (2.27%)