



Curried Chicken Salad Sandwiches

READY IN



10 min.

SERVINGS



5

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 cups chicken breast cooked chopped
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup yogurt fat-free
- ☐ 2 cups grapes green seedless halved
- ☐ 0.8 cup green onions thinly sliced
- ☐ 5 lettuce leaves
- ☐ 0.3 cup mayonnaise low-fat (such as Hellman's)
- ☐ 0.3 cup walnuts chopped
- ☐ 1 ounce bread whole wheat toasted

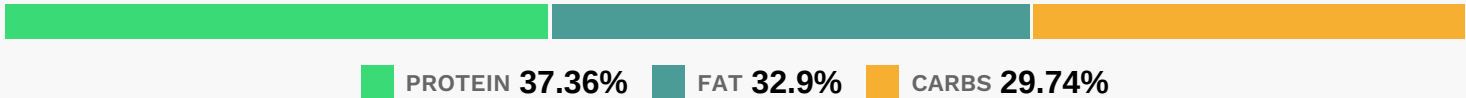
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients in a large bowl, tossing well. Cover and chill until ready to serve.
- ☐ Place a lettuce leaf on each of 5 slices bread. Top with 1 cup chicken mixture and remaining slice of bread.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.54, Glycemic Load:6.56, Inflammation Score:-8, Nutrition Score:15.803478071223%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 241.5kcal (12.08%), Fat: 8.95g (13.77%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 16.17g (5.88%), Sugar: 11.7g (13.01%), Cholesterol: 55.59mg (18.53%), Sodium: 184.84mg (8.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.75%), Vitamin B3: 9.27mg (46.37%), Vitamin K: 47.1µg (44.85%), Vitamin A: 1993.59IU (39.87%), Selenium: 20.23µg (28.9%), Vitamin B6: 0.52mg (25.9%), Manganese: 0.49mg (24.45%), Phosphorus: 222.8mg (22.28%), Potassium: 445.46mg (12.73%), Vitamin B2: 0.2mg (11.65%), Copper: 0.23mg (11.65%), Magnesium: 45.79mg (11.45%), Vitamin C: 9.3mg (11.28%), Vitamin B1: 0.17mg (11.2%), Iron: 1.77mg (9.84%), Folate: 33.1µg (8.27%), Fiber: 2.04g (8.15%), Vitamin B5: 0.81mg (8.07%), Zinc: 1.2mg (8.01%), Calcium: 76.87mg (7.69%), Vitamin E: 0.84mg (5.63%), Vitamin B12: 0.29µg (4.82%)