



Curried Chicken Salad Sandwiches

READY IN



22 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 slices double-fiber bread whole wheat (such as Nature's Own)
- ☐ 4 cups chicken breast shredded cooked
- ☐ 1 teaspoon curry powder
- ☐ 1 teaspoon juice of lemon
- ☐ 8 lettuce leaves
- ☐ 0.5 cup mayonnaise light
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 8 ounce pineapple tidbits in juice drained canned
- ☐ 0.5 cup grapes red seedless halved

- ☐ 0.3 cup onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup walnuts toasted chopped

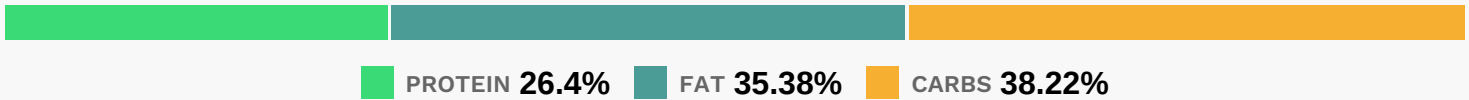
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Add chicken and next 4 ingredients; stir well to combine.
- ☐ . Top each of 8 bread slices with 1/2 cup chicken salad. Top each with a lettuce leaf and a bread slice.

Nutrition Facts



Properties

Glycemic Index:19.58, Glycemic Load:15.28, Inflammation Score:-9, Nutrition Score:18.924782566402%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 387.05kcal (19.35%), Fat: 15.26g (23.48%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 33.46g (12.17%), Sugar: 10.49g (11.65%), Cholesterol: 55.2mg (18.4%), Sodium: 591.6mg (25.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.62g (51.25%), Manganese: 1.03mg (51.44%), Selenium: 34.67µg (49.52%), Vitamin B3: 8.95mg (44.75%), Vitamin A: 1844.99IU (36.9%), Phosphorus: 258.75mg (25.88%), Vitamin B1: 0.37mg (24.42%), Vitamin B6: 0.46mg (22.85%), Iron: 3.52mg (19.56%), Vitamin B2: 0.31mg (18.27%), Folate: 72.17µg (18.04%), Magnesium: 60.17mg (15.04%), Fiber: 3.62g (14.49%), Copper: 0.29mg (14.49%), Zinc: 2.06mg (13.7%), Vitamin B5: 1.25mg (12.48%), Calcium: 117.39mg (11.74%), Vitamin K: 12.33µg (11.74%),

Potassium: 407.77mg (11.65%), Vitamin C: 8.32mg (10.08%), Vitamin E: 0.62mg (4.13%), Vitamin B12: 0.25µg (4.1%)