



Curried Chicken Salad Tea Sandwiches

READY IN



60 min.

SERVINGS



25

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery stalks diced
- ☐ 4 cups roasted chicken cooked finely chopped
- ☐ 24 ounce cream cheese softened
- ☐ 1 tablespoon curry powder
- ☐ 0.8 cup cranberries dried chopped
- ☐ 1 tablespoon ginger freshly grated
- ☐ 6 spring onion minced
- ☐ 48 slices bread
- ☐ 0.5 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2.3 ounce slivered almonds toasted
- ☐ 0.5 cup coconut sweetened flaked toasted

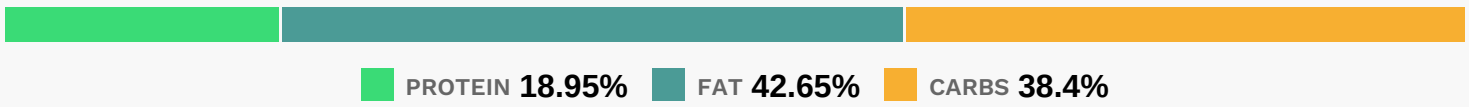
Equipment

- ☐ serrated knife

Directions

- ☐ Stir together first 11 ingredients.
- ☐ Spread mixture evenly on 1 side each of 24 bread slices; top with remaining 24 bread slices. Trim crusts from sandwiches; cut each sandwich into 4 rectangles with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:8.91, Glycemic Load:14.39, Inflammation Score:-5, Nutrition Score:13.197391292323%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 304.98kcal (15.25%), Fat: 14.59g (22.44%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 25.47g (9.26%), Sugar: 6.85g (7.61%), Cholesterol: 44.29mg (14.76%), Sodium: 396.43mg (17.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.58g (29.16%), Manganese: 1.26mg (62.98%), Selenium: 22.18µg (31.69%), Vitamin B3: 4.32mg (21.61%), Phosphorus: 202.44mg (20.24%), Fiber: 4.08g (16.31%), Vitamin B1: 0.24mg (15.91%), Magnesium: 57.83mg (14.46%), Vitamin B2: 0.22mg (12.84%), Calcium: 127.6mg (12.76%), Vitamin B6: 0.23mg (11.69%), Vitamin K: 11.33µg (10.79%), Iron: 1.93mg (10.73%), Zinc: 1.54mg (10.27%), Copper: 0.18mg (8.92%), Vitamin E: 1.32mg (8.83%), Vitamin A: 407.98IU (8.16%), Vitamin B5: 0.77mg

(7.67%), Potassium: 261.8mg (7.48%), Folate: 29.6µg (7.4%), Vitamin B12: 0.12µg (2.08%)