



Curried Chicken Salad with Apples and Raisins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup braeburn apple chopped (1 small)
- ☐ 0.3 cup celery diced
- ☐ 1 teaspoon curry powder
- ☐ 4 ounces grilled chicken boneless skinless chopped
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 3 tablespoons raisins
- ☐ 0.1 teaspoon salt

☐ 2 teaspoons water

Equipment

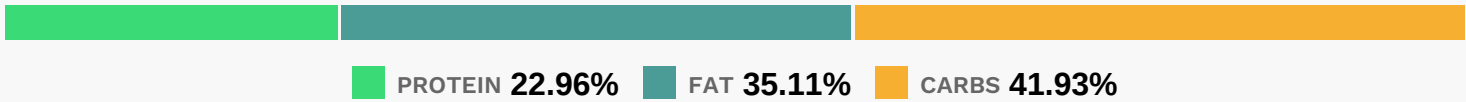
☐ bowl

☐ whisk

Directions

- ☐ Combine mayonnaise, curry powder, and water in a medium bowl, stirring with a whisk until well blended.
- ☐ Add the Grilled Lemon-Herb Chicken, chopped apple, celery, raisins, and salt; stir mixture well to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:63.9, Glycemic Load:11.28, Inflammation Score:-3, Nutrition Score:8.8173913955688%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 257.91kcal (12.9%), Fat: 10.34g (15.91%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 24.53g (8.92%), Sugar: 6.13g (6.81%), Cholesterol: 47mg (15.67%), Sodium: 440.43mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Vitamin B3: 4.85mg (24.27%), Selenium: 15.05µg (21.5%), Vitamin K: 22µg (20.95%), Vitamin B6: 0.32mg (15.93%), Phosphorus: 142.62mg (14.26%), Fiber: 3.26g (13.03%), Potassium: 433.53mg (12.39%), Iron: 1.7mg (9.42%), Vitamin B2: 0.15mg (8.76%), Manganese: 0.15mg (7.43%), Zinc: 1mg (6.69%), Copper: 0.13mg (6.66%), Magnesium: 26.01mg (6.5%), Vitamin B5: 0.65mg (6.47%), Vitamin E: 0.96mg (6.42%), Vitamin B1: 0.08mg (5.11%), Vitamin C: 4.01mg (4.86%), Folate: 13.64µg (3.41%),

Vitamin A: 153.6IU (3.07%), Calcium: 29.35mg (2.93%), Vitamin B12: 0.16µg (2.74%)