



Curried Chicken Salad with Endive

 Popular

READY IN



40 min.

SERVINGS



48

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp yogurt plain
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon soya sauce
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon curry powder
- ☐ 1 pinch paprika
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup well-drained pineapple crushed
- ☐ 1 pounds chicken breasts diced boneless skinless cooked
- ☐ 1 apples diced cored peeled
- ☐ 0.5 cup green onion minced
- ☐ 6 heads belgian endive
- ☐ 0.3 cup slivered almonds toasted chopped
- ☐ 48 servings meat from a rotisserie chicken
- ☐ 48 servings beef
- ☐ 48 servings fatty pork
- ☐ 48 servings fish and seafood
- ☐ 48 servings pasta and noodles

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

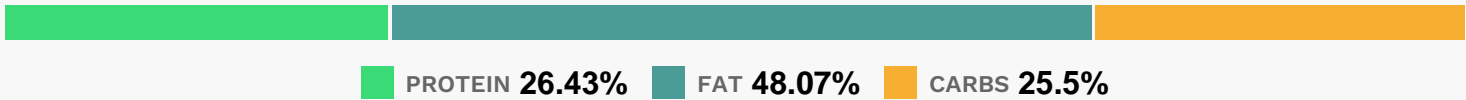
Directions

- ☐ Poach the chicken breasts: If you are starting with raw chicken, the first thing you are going to do is to cook the chicken (if starting with cooked chicken skip to the next step).
- ☐ Place the raw chicken breasts in a 2 or 3 quart saucepan and cover with cold water by at least an inch or two.
- ☐ Add 2 teaspoons salt to the water.
- ☐ Put the pot on medium high heat and bring to a simmer. Simmer for two minutes, then turn off the heat and cover the pot.
- ☐ Let the chicken sit in the hot water for 15 minutes.
- ☐ This should be enough to cook the chicken all the way through, unless you are starting with very cold chicken. If after 15 minutes you cut through one of the breasts and it still isn't done, return the pot to a very low simmer for 5 more minutes, or as long as it takes to cook it all the

way through.

- ☐ Drain, chill, and cut chicken breasts into small cubes. You should have about 3 cups of cooked, diced chicken.
- ☐ Place the yogurt, mayonnaise, soy sauce, honey, curry powder, paprika, lemon juice, and salt in a medium bowl.
- ☐ Whisk until thoroughly combined.
- ☐ Add drained pineapple and stir to combine. You should have a little less than one cup of dressing.
- ☐ Place diced chicken, diced apple, and minced green onion into a medium bowl. Stir in the dressing.
- ☐ Stuff the endive boats: Separate leaves from the heads of the endive and place on a serving platter. Spoon chicken salad into endive "boats".
- ☐ Sprinkle with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:6.89, Glycemic Load:17.1, Inflammation Score:-4, Nutrition Score:22.250434865122%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 690.16kcal (34.51%), Fat: 36.15g (55.62%), Saturated Fat: 11.72g (73.22%), Carbohydrates: 43.13g (14.38%), Net Carbohydrates: 40.91g (14.88%), Sugar: 2.2g (2.44%), Cholesterol: 149.74mg (49.91%), Sodium: 178.03mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.73g (89.45%), Selenium: 67.56µg (96.51%), Vitamin

B3: 13.04mg (65.21%), Phosphorus: 429.65mg (42.97%), Vitamin B6: 0.82mg (40.9%), Zinc: 5.89mg (39.26%), Vitamin B12: 2.2µg (36.7%), Manganese: 0.58mg (28.89%), Iron: 3.48mg (19.35%), Vitamin B2: 0.31mg (18.48%), Vitamin B5: 1.83mg (18.25%), Potassium: 629.08mg (17.97%), Magnesium: 71.72mg (17.93%), Copper: 0.28mg (14.13%), Vitamin B1: 0.17mg (11.57%), Fiber: 2.21g (8.86%), Vitamin K: 8.07µg (7.69%), Folate: 27.11µg (6.78%), Vitamin E: 0.98mg (6.51%), Calcium: 44.96mg (4.5%), Vitamin C: 2.91mg (3.53%), Vitamin A: 172.92IU (3.46%), Vitamin D: 0.35µg (2.31%)