



Curried Chicken Salad with Nectarines

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds toasted sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 pound chicken breast shredded cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons buttermilk fat-free
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 cups nectarines cubed 1-inch 2 large
- ☐ 0.5 teaspoon salt

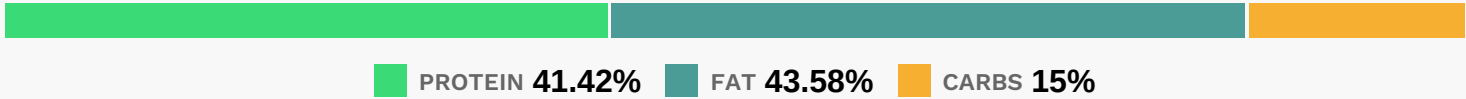
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine mayonnaise and next 5 ingredients (through pepper) in a small bowl, stirring well with a whisk.
- ☐ Drizzle mayonnaise mixture over chicken mixture; toss gently to coat.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:1.75, Inflammation Score:-4, Nutrition Score:10.215217320815%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 202.13kcal (10.11%), Fat: 9.77g (15.03%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 5.86g (2.13%), Sugar: 4.87g (5.41%), Cholesterol: 58.29mg (19.43%), Sodium: 346.21mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.89g (41.78%), Vitamin B3: 6.74mg (33.69%), Selenium: 19.15µg (27.35%), Vitamin K: 20.23µg (19.27%), Phosphorus: 187.98mg (18.8%), Vitamin B6: 0.34mg (17.09%), Vitamin E: 1.87mg (12.46%), Vitamin B2: 0.19mg (11.25%), Zinc: 1.45mg (9.69%), Manganese: 0.19mg (9.48%), Magnesium: 36.61mg (9.15%), Potassium: 318.62mg (9.1%), Vitamin B5: 0.88mg (8.81%), Iron: 1.42mg (7.87%), Copper: 0.15mg (7.3%), Fiber: 1.7g (6.81%), Vitamin A: 291.26IU (5.83%), Vitamin B1: 0.08mg (5.33%), Vitamin C: 3.73mg (4.53%), Folate: 16.57µg (4.14%), Vitamin B12: 0.22µg (3.65%), Calcium: 33.48mg (3.35%)