



Curried Chicken Salad with Pineapple

 Gluten Free

READY IN



22 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons almonds chopped
- ☐ 1 cup celery thinly sliced 3 medium ribs
- ☐ 1 teaspoon curry powder
- ☐ 5 leaf lettuce leaves red
- ☐ 8 ounce pineapple tidbits in juice undrained canned
- ☐ 0.8 cup nonfat yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 24 ounce skinned

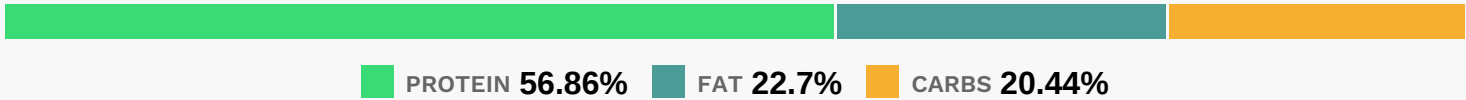
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- ☐ Add chicken; cook 7 minutes on each side or until done.
- ☐ Remove chicken from skillet; let cool slightly, and coarsely chop chicken.
- ☐ While chicken cooks, place a small heavy skillet over medium-high heat until hot.
- ☐ Add almonds, and cook, stirring constantly, 1 minute or until toasted. Set almonds aside.
- ☐ Drain pineapple tidbits, reserving 3 tablespoons juice.
- ☐ Combine reserved pineapple juice, yogurt, curry powder, and salt in a large bowl, stirring well.
- ☐ Add chicken, pineapple, and celery; toss well.
- ☐ Spoon chicken salad evenly onto 5 individual lettuce-lined salad plates.
- ☐ Sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:14.833043575287%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg 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 Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 191.95kcal (9.6%), Fat: 4.77g (7.34%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.37g (3.04%), Sugar: 8.13g (9.03%), Cholesterol: 73.19mg (24.4%), Sodium: 266.28mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.9g (53.8%), Vitamin B3: 12.16mg (60.81%), Selenium: 37.81µg (54.02%), Vitamin B6: 0.92mg (45.78%), Phosphorus: 310.33mg (31.03%), Vitamin B5: 1.87mg (18.7%), Potassium: 619.46mg (17.7%), Vitamin B2: 0.24mg (14.25%), Magnesium: 52.77mg (13.19%), Vitamin B1: 0.14mg (9.17%), Calcium: 90.29mg (9.03%), Vitamin E: 1.2mg (7.98%), Zinc: 1.13mg (7.56%), Vitamin C: 5.78mg (7.01%), Vitamin B12: 0.41µg (6.89%), Vitamin K: 6.98µg (6.65%), Manganese: 0.13mg (6.41%), Copper: 0.12mg (5.95%), Fiber: 1.3g (5.18%), Folate: 18.44µg (4.61%), Iron: 0.82mg (4.55%), Vitamin A: 196.4IU (3.93%)