



Curried Chicken Salad with Spiced Chickpeas and Raita

 Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds toasted sliced
- 0.3 teaspoon ground pepper
- 19 ounce garbanzo beans dry rinsed drained canned (2 cups)
- 2 tablespoons cilantro leaves
- 2 cups cucumber seedless cored peeled chopped
- 1 tablespoon curry powder
- 1 tablespoon garlic minced

- 1 tablespoon ginger minced peeled
- 1 teaspoon ground cumin
- 2 tablespoons mint leaves chopped
- 1 cup onion chopped
- 1 cup yogurt plain
- 1 cup grapes red halved
- 3 cups rotisserie chicken cut shredded
- 1 cup tomatoes chopped
- 0.5 teaspoon turmeric
- 1 tablespoon vegetable oil

Equipment

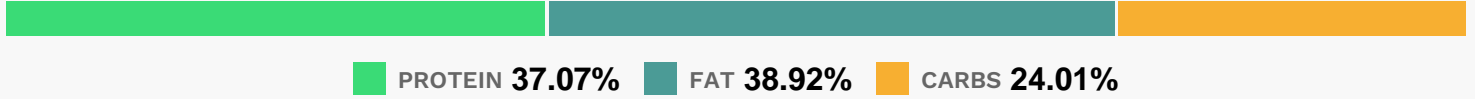
- bowl
- frying pan

Directions

- Cook onion, garlic, and ginger in oil in a 10-inch heavy skillet over medium-low heat, stirring occasionally, until softened, about 5 minutes.
- Add curry, cumin, and 1 1/2 teaspoon salt and cook, stirring, 2 minutes.
- Add tomatoes and cook over medium-high heat, stirring, until sauce is thickened, about 5 minutes.
- Transfer to a bowl and stir in yogurt, cilantro, and chicken. Cool to room temperature.
- Heat oil in cleaned skillet over medium-high heat until it shimmers, then cook chickpeas, stirring, 1 minute.
- Add cumin, turmeric, cayenne, and 1/4 teaspoon salt and cook, stirring to coat, until skillet is dry, about 2 minutes. Cool to room temperature.
- Stir together yogurt, cucumber, mint, and 1/2 teaspoon salt.
- Divide grapes among jars and layer curried chicken, raita, chickpeas, and almonds on top.
- Curried chicken salad and spiced chickpeas can be made 1 day ahead and chilled separately.
•Assembled jars can be chilled up to 6 hours.

- Serve at room temperature.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:76.08, Glycemic Load:10.05, Inflammation Score:-9, Nutrition Score:20.627391334461%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg, Isorhamnetin: 2.31mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 649.76kcal (32.49%), Fat: 28.9g (44.46%), Saturated Fat: 6.5g (40.6%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 30.11g (10.95%), Sugar: 12.91g (14.34%), Cholesterol: 178.31mg (59.44%), Sodium: 1026.81mg (44.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.93g (123.87%), Manganese: 1.7mg (84.97%), Vitamin B6: 0.86mg (43.07%), Fiber: 10.01g (40.04%), Phosphorus: 276.14mg (27.61%), Vitamin E: 3.96mg (26.39%), Magnesium: 101.88mg (25.47%), Vitamin K: 25.83µg (24.6%), Copper: 0.47mg (23.7%), Potassium: 739.83mg (21.14%), Iron: 3.64mg (20.25%), Calcium: 199.78mg (19.98%), Vitamin B2: 0.32mg (18.65%), Folate: 66.41µg (16.6%), Vitamin C: 13.1mg (15.88%), Zinc: 2.07mg (13.78%), Vitamin A: 664.59IU (13.29%), Vitamin B1: 0.17mg (11.4%), Vitamin B5: 0.96mg (9.56%), Selenium: 5.51µg (7.87%), Vitamin B3: 1.2mg (5.99%), Vitamin B12: 0.23µg (3.78%)