



Curried Chicken Sandwich

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 stalks celery thinly sliced
- ☐ 0.8 teaspoon celery seed
- ☐ 0.5 cup optional: dill with tender stems
- ☐ 0.5 small fennel bulb thinly sliced
- ☐ 4 servings pepper freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 tablespoon mayonnaise plus more for serving
- ☐ 0.3 cup olive oil

- ☐ 0.5 small onion red thinly sliced
- ☐ 1 tablespoon yogurt plain
- ☐ 1 pound chicken breast boneless skinless halved

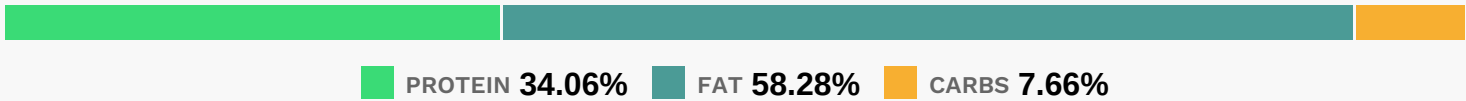
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine chicken and Curry Brine in a large resealable plastic bag, seal, and turn to coat. Chill at least 4 hours. Prepare grill for medium-high heat.
- ☐ Combine celery, fennel, yogurt, lemon juice, celery seeds, and 1 tablespoon mayonnaise in a medium bowl; season with salt and pepper and toss to combine. Set slaw aside.
- ☐ Grill chicken until cooked through, 5-7 minutes per side.
- ☐ Brush bread on both sides with oil and grill until toasted, about 2 minutes per side; spread with mayonnaise. Build sandwiches with bread, chicken, slaw, onion, and dill.
- ☐ DO AHEAD: Chicken can be brined 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:17.665652122187%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 3.3mg, Luteolin: 3.3mg, Luteolin: 3.3mg Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg, Isorhamnetin: 3.24mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 299.9kcal (15%), Fat: 19.37g (29.8%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.71g (3.01%), Cholesterol: 74.14mg (24.71%), Sodium: 209.86mg (9.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.94%), Vitamin B3: 12.27mg (61.35%), Selenium: 37.03µg (52.9%), Vitamin B6: 0.93mg (46.36%), Vitamin K: 44.38µg (42.26%), Phosphorus: 281.12mg (28.11%), Potassium: 729.55mg (20.84%), Vitamin B5: 1.86mg (18.64%), Vitamin E: 2.56mg (17.08%), Vitamin C: 12.71mg (15.41%), Vitamin A: 709.96IU (14.2%), Manganese: 0.25mg (12.39%), Magnesium: 46.34mg (11.59%), Vitamin B2: 0.18mg (10.62%), Folate: 39.34µg (9.83%), Fiber: 1.98g (7.91%), Iron: 1.4mg (7.75%), Calcium: 68.89mg (6.89%), Vitamin B1: 0.1mg (6.54%), Zinc: 0.93mg (6.18%), Vitamin B12: 0.26µg (4.36%), Copper: 0.09mg (4.3%)