



Curried Chicken-Spinach Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 ounce baby spinach fresh
- 0.3 teaspoon pepper black freshly ground
- 2 large celery stalks chopped
- 2 teaspoons curry powder
- 0.3 cup yogurt plain fat-free
- 1 teaspoon ground ginger
- 2 tablespoons juice of lemon fresh
- 0.3 cup mayonnaise low-fat

- 1 tablespoon mango chutney
- 0.3 cup pecans chopped
- 1 cup grapes red seedless halved
- 0.5 teaspoon salt
- 15 ounce chicken breast halves boneless skinless

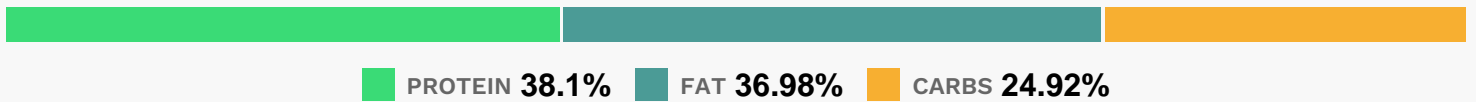
Equipment

- bowl
- sauce pan

Directions

- Trim excess fat from the chicken.
- Place the chicken and enough water to cover in a medium saucepan over high heat until water just begins to bubble. Reduce heat, cover, and poach 10 minutes or until just cooked.
- Transfer the chicken to a bowl and let cool.
- While chicken cooks, combine yogurt, mayonnaise, lemon juice, chutney, curry powder, and ginger in a large bowl.
- Chop chicken and add to yogurt mixture.
- Add celery, grapes, salt, and pepper. Toss to coat evenly. Divide spinach among 4 plates; top with chicken salad and pecans.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:5.08, Inflammation Score:-10, Nutrition Score:25.995217362176%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate:

0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg
Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin:
1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,
Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.28mg,
Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol:
2.27mg, Kaempferol: 2.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin:
1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 268.29kcal (13.41%), Fat: 11.19g (17.22%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 16.97g (5.66%), Net
Carbohydrates: 14.65g (5.33%), Sugar: 11.02g (12.25%), Cholesterol: 70.69mg (23.56%), Sodium: 578.21mg (25.14%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.94g (51.89%), Vitamin K: 186.47µg (177.59%), Vitamin A:
3414.89IU (68.3%), Vitamin B3: 11.62mg (58.11%), Selenium: 36.34µg (51.92%), Vitamin B6: 0.94mg (47.21%),
Manganese: 0.9mg (45.01%), Phosphorus: 307.75mg (30.77%), Potassium: 788.05mg (22.52%), Folate: 82.66µg
(20.67%), Vitamin C: 16.22mg (19.66%), Magnesium: 75.38mg (18.85%), Vitamin B5: 1.77mg (17.74%), Vitamin B2:
0.27mg (15.66%), Vitamin B1: 0.18mg (12.23%), Iron: 2.14mg (11.91%), Copper: 0.23mg (11.48%), Vitamin E: 1.64mg
(10.93%), Calcium: 98.74mg (9.87%), Zinc: 1.42mg (9.45%), Fiber: 2.32g (9.27%), Vitamin B12: 0.34µg (5.62%)