



Curried Chicken Tea Sandwiches

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery diced finely
- ☐ 2.5 cups meat from a rotisserie chicken cooked finely chopped
- ☐ 8 oz cream cheese softened
- ☐ 1.5 teaspoons curry powder
- ☐ 1 tablespoon ginger freshly grated
- ☐ 3 tablespoons green onions minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon salt

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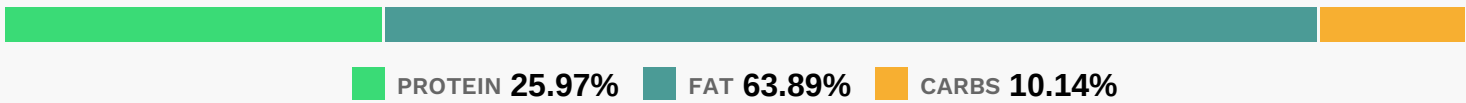
0.5 cup coconut or sweetened flaked toasted

Equipment

Directions

- ☐ Stir together chicken, celery, coconut, softened cream cheese, green onions, ginger, curry powder, salt, and ground red pepper until well blended.
- ☐ Spread on: raisin bread.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:1.37, Inflammation Score:-7, Nutrition Score:16.013912957648%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 533.95kcal (26.7%), Fat: 37.93g (58.36%), Saturated Fat: 21.16g (132.28%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 11.29g (4.11%), Sugar: 8.51g (9.45%), Cholesterol: 163.85mg (54.62%), Sodium: 574.34mg (24.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.37%), Selenium: 37.79µg (53.98%), Vitamin B3: 9.51mg (47.57%), Phosphorus: 330.09mg (33.01%), Vitamin B6: 0.56mg (28.02%), Vitamin A: 1277.74IU (25.55%), Vitamin B2: 0.37mg (21.59%), Vitamin K: 20.07µg (19.12%), Vitamin B5: 1.64mg (16.35%), Zinc: 2.35mg (15.67%), Potassium: 506.94mg (14.48%), Manganese: 0.24mg (12.15%), Iron: 2.16mg (11.98%), Magnesium: 45.38mg (11.35%), Calcium: 105.46mg (10.55%), Fiber: 2.25g (9.01%), Vitamin B12: 0.5µg (8.41%), Copper: 0.15mg (7.35%), Vitamin B1: 0.1mg (6.82%), Vitamin E: 1mg (6.7%), Folate: 24.94µg (6.23%), Vitamin C: 2.01mg (2.43%)