



Curried Chicken Tea Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bread
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 0.8 cup cranberries dried
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 12 lettuce leaves
- ☐ 2 teaspoons juice of lime

- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup pecans chopped
- ☐ 1 apples red unpeeled chopped

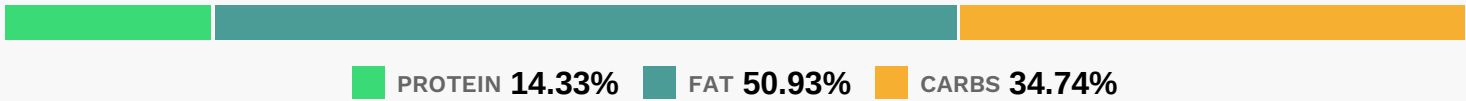
Equipment

- ☐ bowl
- ☐ cookie cutter

Directions

- ☐ Combine chicken, apple, cranberries, celery, pecans, and green onions in a bowl.
- ☐ Mix mayonnaise, lime juice, and curry powder in a small bowl. Fold mayonnaise mixture into chicken mixture; stir to coat. Cover and refrigerate until ready to serve.
- ☐ Cut each bread slice with a 3-inch heart-shaped cookie cutter; top with a lettuce leaf and chicken salad.

Nutrition Facts



Properties

Glycemic Index:36.61, Glycemic Load:15.57, Inflammation Score:-10, Nutrition Score:21.245651965556%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.32mg, Epicatechin: 2.32mg, Epicatechin: 2.32mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 525.57kcal (26.28%), Fat: 30.1g (46.31%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 46.2g (15.4%), Net Carbohydrates: 41.26g (15%), Sugar: 18.38g (20.42%), Cholesterol: 46.76mg (15.59%), Sodium: 499.35mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.11%), Vitamin A: 3671.5IU (73.43%), Manganese: 1.1mg (54.79%), Vitamin K: 57.14µg (54.42%), Selenium: 28.88µg (41.26%), Vitamin B3: 7.21mg (36.05%), Vitamin B1: 0.35mg (23.38%), Phosphorus: 202.34mg (20.23%), Fiber: 4.94g (19.74%), Folate: 76.22µg (19.05%), Iron: 3.38mg (18.77%), Vitamin B6: 0.34mg (17.07%), Vitamin B2: 0.29mg (16.95%), Vitamin C: 11.38mg (13.8%), Magnesium: 48.78mg (12.2%), Zinc: 1.69mg (11.26%), Vitamin E: 1.68mg (11.19%), Vitamin B5: 1.08mg (10.76%), Calcium: 107.32mg (10.73%), Potassium: 374.97mg (10.71%), Copper: 0.19mg (9.67%), Vitamin B12: 0.17µg (2.82%)