



Curry Chicken and Summer Fruit Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup salad dressing
- 1 tablespoon juice of lemon fresh
- 1 teaspoon curry powder
- 1 teaspoon soya sauce
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 2 cups roasted chicken cubed cooked
- 8 oz water chestnuts whole drained quartered canned

- 0.5 lb grapes red seedless halved
- 0.5 lb wedges honeydew melon
- 0.5 lb cantaloupe
- 6 romaine leaves
- 0.3 cup almonds sliced toasted

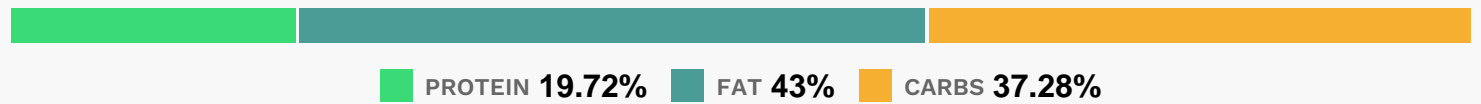
Equipment

- bowl
- whisk

Directions

- In large bowl, mix all dressing ingredients with whisk until smooth. Stir in remaining ingredients except lettuce leaves almonds.
- Place 1 lettuce leaf on each of 6 salad plates. Divide salad over lettuce leaves. Top each salad with almonds.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:4.94, Inflammation Score:-9, Nutrition Score:15.077825929808%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 289.59kcal (14.48%), Fat: 14.18g (21.82%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 24.21g (8.8%), Sugar: 18.14g (20.16%), Cholesterol: 35mg (11.67%), Sodium: 607.1mg (26.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.26%), Vitamin A: 3136.36IU (62.73%), Vitamin K: 30.15µg (28.72%), Vitamin B3: 4.77mg (23.84%), Vitamin C: 18.37mg (22.27%), Vitamin B6: 0.43mg (21.46%), Selenium: 14.05µg (20.07%), Vitamin E: 2.71mg (18.06%), Manganese: 0.35mg (17.64%), Phosphorus: 159.3mg (15.93%), Potassium: 522.03mg (14.92%), Fiber: 3.45g (13.78%), Vitamin B2: 0.21mg (12.32%), Copper: 0.24mg (12.03%), Iron: 2.06mg (11.46%), Magnesium: 44.58mg (11.15%), Zinc: 1.41mg (9.43%), Vitamin B1: 0.14mg (9.25%), Folate: 31.54µg (7.89%), Vitamin B5: 0.69mg (6.86%), Calcium: 47.17mg (4.72%), Vitamin B12: 0.14µg (2.26%)