

Curry Chicken and Summer Fruit Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds sliced toasted
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1 teaspoon curry powder
- ☐ 0.5 lb seasoning cubes
- ☐ 0.5 lb wedges honeydew melon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 romaine leaves
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 lb grapes red seedless halved
- ☐ 1 cup salad dressing
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon soya sauce
- ☐ 8 oz water chestnuts whole drained quartered canned

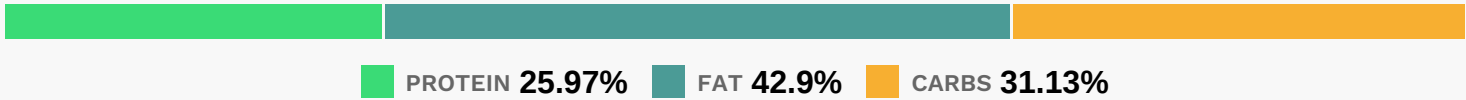
Equipment

- ☐ 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:18, Glycemic Load:3.06, Inflammation Score:-8, Nutrition Score:13.066521800083%

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 Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 317.24kcal (15.86%), Fat: 15.46g (23.79%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 22.1g (8.04%), Sugar: 15.83g (17.59%), Cholesterol: 55.25mg (18.42%), Sodium: 1088.5mg (47.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.13%), Vitamin A: 1857.98IU (37.16%), Vitamin K: 29.13µg (27.74%), Vitamin B3: 4.51mg (22.53%), Vitamin B6: 0.41mg (20.71%), Selenium: 13.41µg (19.15%), Vitamin E: 2.69mg (17.94%), Vitamin C: 14.25mg (17.27%), Manganese: 0.34mg (16.86%), Phosphorus: 152.87mg (15.29%), Potassium: 462.69mg (13.22%), Fiber: 3.14g (12.57%), Iron: 2.16mg (12.02%), Vitamin B2: 0.2mg (11.72%), Copper: 0.21mg (10.42%), Magnesium: 39.67mg (9.92%), Zinc: 1.25mg (8.32%), Vitamin B1: 0.12mg (8.02%), Folate: 26.25µg (6.56%), Vitamin B5: 0.65mg (6.47%), Calcium: 43.77mg (4.38%), Vitamin B12: 0.14µg (2.26%)