



## Curry Chicken Salad

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 stalks celery chopped
- 2 cups chicken meat cooked chopped
- 1.5 teaspoons curry powder
- 2 tablespoons dill pickle relish
- 3 eggs
- 0.3 cup green onions chopped
- 2 tablespoons mayonnaise

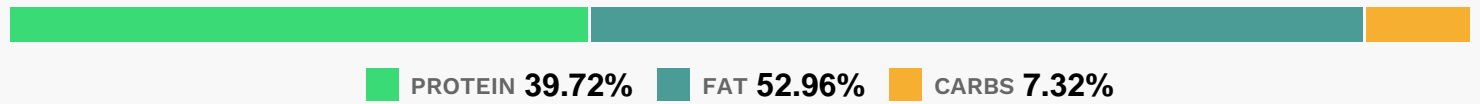
### Equipment

- bowl
- sauce pan

## Directions

- Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- In a large bowl, combine the chicken, celery, eggs, green onions, dill relish, curry and mayonnaise. Stir together until mixed well. Refrigerate until chilled.

## Nutrition Facts



## Properties

Glycemic Index:14.88, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:6.071304300557%

## Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 114.28kcal (5.71%), Fat: 6.62g (10.18%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.43g (0.48%), Cholesterol: 89.1mg (29.7%), Sodium: 129.51mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.33%), Selenium: 13.92µg (19.88%), Vitamin K: 18.46µg (17.58%), Vitamin B3: 2.88mg (14.41%), Phosphorus: 109.37mg (10.94%), Vitamin B6: 0.19mg (9.67%), Vitamin B2: 0.14mg (8.47%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.81mg (5.41%), Iron: 0.96mg (5.35%), Potassium: 172.96mg (4.94%), Folate: 19.5µg (4.87%), Vitamin A: 236.64IU (4.73%), Vitamin B12: 0.25µg (4.21%), Magnesium: 13.85mg (3.46%), Vitamin E: 0.44mg (2.94%), Manganese: 0.05mg (2.65%), Calcium: 25.95mg (2.6%), Vitamin B1: 0.04mg (2.47%), Copper: 0.05mg (2.41%), Fiber: 0.58g (2.33%), Vitamin D: 0.34µg (2.25%), Vitamin C: 1.29mg (1.56%)