



Curry Chicken Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



114 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery chopped
- ☐ 2 teaspoons curry powder
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 3 chicken breast halves boneless skinless cooked chopped

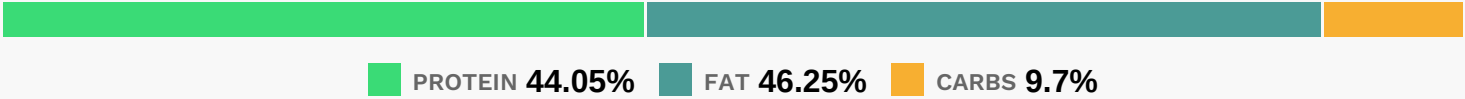
Equipment

- ☐ bowl

Directions

☐ In a medium bowl, stir together the chicken, celery, mayonnaise, and curry powder.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:7.1104346721069%

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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 113.8kcal (5.69%), Fat: 5.73g (8.82%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.95g (1.06%), Cholesterol: 39.15mg (13.05%), Sodium: 236.26mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.57%), Vitamin B3: 5.98mg (29.91%), Selenium: 18.76µg (26.8%), Vitamin B6: 0.45mg (22.3%), Vitamin K: 16.66µg (15.87%), Phosphorus: 128.58mg (12.86%), Vitamin B5: 0.87mg (8.65%), Potassium: 277.12mg (7.92%), Vitamin E: 0.72mg (4.78%), Magnesium: 18.96mg (4.74%), Vitamin B2: 0.07mg (4.1%), Manganese: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.9%), Folate: 11.23µg (2.81%), Zinc: 0.39mg (2.63%), Iron: 0.47mg (2.62%), Vitamin A: 126.39IU (2.53%), Fiber: 0.54g (2.17%), Vitamin B12: 0.11µg (1.88%), Vitamin C: 1.37mg (1.67%), Copper: 0.03mg (1.56%), Calcium: 15.13mg (1.51%)