



Curry Chicken Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apples peeled chopped
- ☐ 0.8 cup celery thinly sliced
- ☐ 3 cups chicken breast cooked chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 0.3 cup raisins

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted chopped
- ☐ 0.3 cup cup heavy whipping cream fat-free sour
- ☐ 2 teaspoons sugar

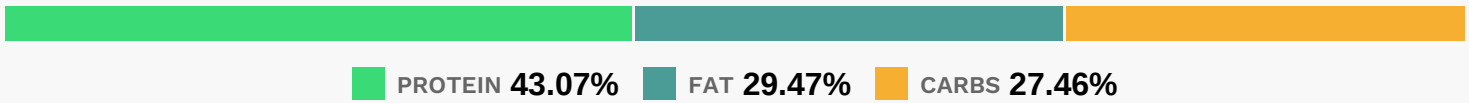
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine apple and lemon juice in a large bowl; toss well to coat apple.
- ☐ Add chicken, celery, and raisins; toss well.
- ☐ Combine mayonnaise and next 5 ingredients in a small bowl; pour over chicken mixture, and toss well.
- ☐ Sprinkle with chopped almonds. Cover and chill at least 1 hour.
- ☐ Note: If you don't have 3 cups of leftover chicken, cook 1 pound of skinned, boned chicken breast halves on a baking sheet in the oven at 450 for 12 to 14 minutes or until the juices run clear. Toast the almonds on the same baking sheet during the last 3 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:42.15, Glycemic Load:4.71, Inflammation Score:-3, Nutrition Score:10.393043444208%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg, Epicatechin: 2.37mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 215.93kcal (10.8%), Fat: 7.07g (10.88%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.95g (4.71%), Sugar: 5.43g (6.04%), Cholesterol: 62.64mg (20.88%), Sodium: 281.9mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.48%), Vitamin B3: 9.88mg (49.39%), Selenium: 20.59µg (29.42%), Vitamin B6: 0.46mg (23.23%), Phosphorus: 201.87mg (20.19%), Vitamin K: 13.58µg (12.93%), Potassium: 346.52mg (9.9%), Vitamin B2: 0.17mg (9.72%), Vitamin E: 1.45mg (9.63%), Magnesium: 36.49mg (9.12%), Vitamin B5: 0.76mg (7.56%), Fiber: 1.86g (7.45%), Manganese: 0.14mg (7.01%), Iron: 1.16mg (6.42%), Zinc: 0.93mg (6.2%), Copper: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.2%), Calcium: 46.64mg (4.66%), Vitamin B12: 0.28µg (4.61%), Vitamin C: 3.08mg (3.73%), Vitamin A: 174.81IU (3.5%), Folate: 13.31µg (3.33%)