



Curry Chicken Salad with Grapes

 Gluten Free

READY IN



80 min.

SERVINGS



12

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup garlic minced
- ☐ 2 cups mayonnaise
- ☐ 2 cups grapes red halved
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup slivered almonds toasted

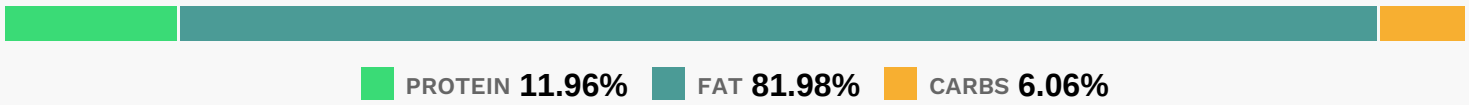
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Heat butter in a large saucepan over low heat until melted; remove from heat and cool to room temperature.
- ☐ Stir mayonnaise, garlic, parsley, and curry powder into butter until evenly incorporated. Fold in chicken, grapes, and almonds.
- ☐ Transfer mixture to a serving bowl and cover with plastic wrap. Refrigerate until flavors have blended, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:2.41, Inflammation Score:-4, Nutrition Score:10.333478087964%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 448.04kcal (22.4%), Fat: 41.02g (63.11%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 6.82g (2.27%), Net Carbohydrates: 5.9g (2.14%), Sugar: 4.35g (4.84%), Cholesterol: 71.02mg (23.67%), Sodium: 334.37mg (14.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.47g (26.93%), Vitamin K: 76.34µg (72.7%), Vitamin B3:

3.93mg (19.63%), Selenium: 13.07µg (18.68%), Vitamin E: 2.69mg (17.92%), Phosphorus: 131.69mg (13.17%), Vitamin B6: 0.26mg (13%), Manganese: 0.19mg (9.34%), Vitamin B2: 0.15mg (8.94%), Vitamin A: 354.48IU (7.09%), Zinc: 0.98mg (6.52%), Magnesium: 25.74mg (6.43%), Potassium: 215.28mg (6.15%), Copper: 0.12mg (6.14%), Vitamin B5: 0.58mg (5.81%), Iron: 1.04mg (5.79%), Vitamin B1: 0.07mg (4.43%), Fiber: 0.93g (3.7%), Vitamin B12: 0.2µg (3.27%), Calcium: 32.32mg (3.23%), Vitamin C: 2.6mg (3.15%), Folate: 8.32µg (2.08%)