



Curry-in-a-Hurry Rotisserie Chicken Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces almonds smoked sliced
- 0.5 cup carrots shredded
- 3 ribs celery chopped
- 1 pound rotisserie chicken meat diced
- 2 tablespoons curry powder
- 2 tablespoons mango chutney
- 8 ounces baby greens mixed
- 1 cup yogurt plain

- 1 cup grapes red seedless halved
- 3 tablespoons safflower oil
- 4 servings salt and pepper
- 4 scallions chopped
- 1 tablespoon white vinegar

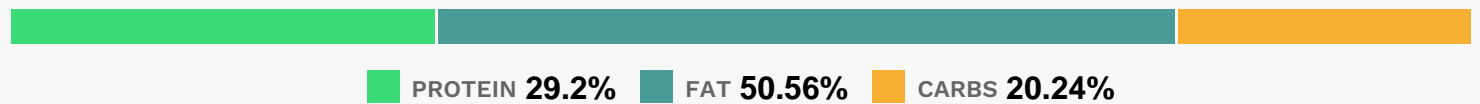
Equipment

- bowl
- whisk
- ice cream scoop

Directions

- Combine meat, celery, red grapes, carrot and scallions.
- Add yogurt and curry to the salad and toss to evenly distribute the curry. Season the salad with salt and pepper, to your taste.
- To dress the greens, add salad to a bowl. In a second bowl, combine chutney and vinegar.
- Whisk in oil.
- Drizzle dressing over greens and toss.
- To assemble, pile dressed greens on a plate. Using an ice cream scoop, place 2 scoops of chicken salad on greens.
- Garnish with toasted almonds.

Nutrition Facts



Properties

Glycemic Index:73.96, Glycemic Load:8.25, Inflammation Score:-10, Nutrition Score:18.499565493801%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg,

Epigallocatechin: 0.37mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg
Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg,
Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin:
0.86mg, Apigenin: 0.86mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin:
0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.32mg, Kaempferol:
0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 508.9kcal (25.44%), Fat: 29.46g (45.33%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 26.53g (8.84%),
Net Carbohydrates: 22.08g (8.03%), Sugar: 15.72g (17.46%), Cholesterol: 116.82mg (38.94%), Sodium: 672.89mg
(29.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.29g (76.58%), Vitamin A: 3686.68IU (73.73%),
Vitamin E: 8.24mg (54.95%), Vitamin K: 45.12µg (42.97%), Manganese: 0.64mg (32.24%), Vitamin C: 20.02mg
(24.27%), Vitamin B2: 0.36mg (20.9%), Phosphorus: 185.8mg (18.58%), Fiber: 4.46g (17.83%), Magnesium: 70.19mg
(17.55%), Potassium: 584.89mg (16.71%), Calcium: 166.01mg (16.6%), Folate: 59.5µg (14.87%), Copper: 0.29mg
(14.52%), Iron: 2.27mg (12.64%), Vitamin B6: 0.2mg (10.25%), Vitamin B1: 0.12mg (8.17%), Zinc: 1.2mg (8.01%), Vitamin
B3: 1.37mg (6.83%), Vitamin B5: 0.52mg (5.2%), Selenium: 3.13µg (4.48%), Vitamin B12: 0.23µg (3.78%)