



Curry Yogurt Salad

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons cashew pieces
- ☐ 1 teaspoons curry powder
- ☐ 2 tablespoons golden raisins (sultanas)
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pinch nutmeg
- ☐ 1 pinch pepper
- ☐ 1 veal cutlets shredded
- ☐ 1 pinch salt

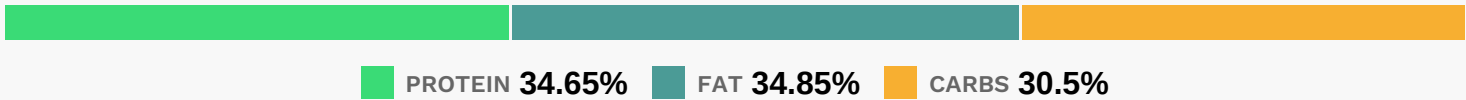
☐ 7 ounce yogurt 2%

Equipment

Directions

- ☐ Mix the curry powder into the Fage, add a pinch of salt or pepper to taste.
- ☐ Add the raisins and cashews.
- ☐ Add a pinch of nutmeg if desired.
- ☐ Squeeze lemon on the cooked, shredded Quorn or poultry. Stir into the yogurt mixture.
- ☐ Add more curry powder, salt, pepper, or lemon to taste.
- ☐ Serve on shredded lettuce or on a slice of warm cinnamon raisin bread, whole wheat bread, or Naan bread.

Nutrition Facts



Properties

Glycemic Index:207.87, Glycemic Load:16.19, Inflammation Score:-6, Nutrition Score:29.716956610265%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 536.45kcal (26.82%), Fat: 21.27g (32.73%), Saturated Fat: 8.08g (50.49%), Carbohydrates: 41.9g (13.97%), Net Carbohydrates: 39.09g (14.22%), Sugar: 28.91g (32.12%), Cholesterol: 158.4mg (52.8%), Sodium: 244.51mg (10.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.59g (95.18%), Vitamin B3: 16.82mg (84.07%), Phosphorus: 726.09mg (72.61%), Vitamin B6: 1.06mg (52.88%), Vitamin B2: 0.82mg (48.14%), Zinc: 6.44mg (42.96%), Vitamin B12: 2.5µg (41.7%), Copper: 0.78mg (38.98%), Potassium: 1338.44mg (38.24%), Magnesium: 144.9mg (36.22%), Selenium: 24.23µg (34.62%), Manganese: 0.61mg (30.5%), Calcium: 284.69mg (28.47%), Vitamin B5: 2.83mg (28.27%), Iron: 3.96mg (22%), Vitamin B1: 0.29mg (19.52%), Vitamin K: 17.06µg (16.24%), Folate: 50.45µg (12.61%), Fiber: 2.8g (11.21%), Vitamin C: 8.12mg (9.84%), Vitamin E: 1.31mg (8.72%), Vitamin A: 218.65IU (4.37%), Vitamin D: 0.2µg (1.32%)