



Fruity Curry Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery diced
- ☐ 0.5 teaspoon curry powder
- ☐ 1 golden delicious apple diced cored peeled
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup grapes green seedless halved
- ☐ 4 green onions chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.8 cup mayonnaise light

- ☐ 0.5 cup pecans toasted chopped
- ☐ 4 chicken breast halves diced boneless skinless cooked

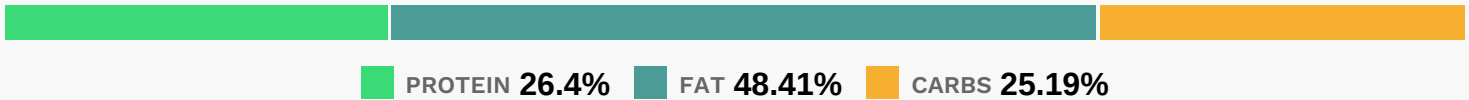
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise.
- ☐ Mix all together.
- ☐ Serve!

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:4.22, Inflammation Score:-3, Nutrition Score:9.5065217432768%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 195.8kcal (9.79%), Fat: 10.69g (16.45%), Saturated Fat: 1.45g (9.04%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 10.79g (3.92%), Sugar: 8.04g (8.93%), Cholesterol: 39.52mg (13.17%), Sodium: 245.55mg (10.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.23%), Vitamin B3: 6.12mg (30.61%), Selenium: 18.99µg (27.13%), Vitamin K: 27.21µg (25.91%), Vitamin B6: 0.48mg (24.1%), Manganese: 0.34mg (17.18%), Phosphorus: 153.33mg (15.33%), Potassium: 352.67mg (10.08%), Vitamin B5: 0.92mg (9.16%), Magnesium: 28.41mg (7.1%), Copper: 0.14mg (6.92%), Fiber: 1.72g (6.89%), Vitamin B1: 0.09mg (6.15%), Vitamin B2: 0.09mg (5.56%), Vitamin E:

0.79mg (5.26%), Zinc: 0.69mg (4.61%), Iron: 0.69mg (3.86%), Vitamin C: 2.44mg (2.96%), Folate: 11.29µg (2.82%),
Vitamin A: 134.54IU (2.69%), Calcium: 20.67mg (2.07%), Vitamin B12: 0.11µg (1.88%)