



Heavenly Chicken Salad



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce water chestnuts halved drained canned
- ☐ 0.5 bunch celery chopped
- ☐ 2 pounds chicken breast cooked chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup mayonnaise
- ☐ 8 ounce major grey's chutney
- ☐ 1 pound grapes red seedless halved

- ☐ 1 teaspoon salt
- ☐ 1 cup slivered almonds toasted

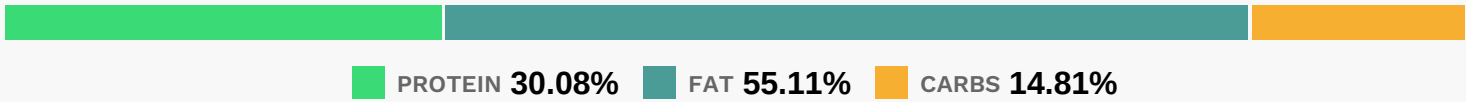
Equipment

- ☐ bowl

Directions

- ☐ Toss the water chestnuts with the lemon juice in a large bowl.
- ☐ Add the chicken, celery, grapes, and almonds to the water chestnuts. Stir the mayonnaise, chutney, curry powder, and salt together in a separate bowl. Fold the chicken mixture into the mayonnaise mixture; stir to coat evenly. Chill in refrigerator at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:20.703043336454%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg, Epigallocatechin: 2.63mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3-gallate: 1.66mg, Epicatechin 3-gallate: 1.66mg, Epicatechin 3-gallate: 1.66mg, Epicatechin 3-gallate: 1.66mg Epigallocatechin 3-gallate: 2.65mg, Epigallocatechin 3-gallate: 2.65mg, Epigallocatechin 3-gallate: 2.65mg, Epigallocatechin 3-gallate: 2.65mg Theaflavin: 0.45mg, Theaflavin: 0.45mg, Theaflavin: 0.45mg, Theaflavin: 0.45mg Thearubigins: 23.05mg, Thearubigins: 23.05mg, Thearubigins: 23.05mg, Thearubigins: 23.05mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Theaflavin-3,3'-digallate: 0.5mg, Theaflavin-3,3'-digallate: 0.5mg, Theaflavin-3,3'-digallate: 0.5mg, Theaflavin-3,3'-digallate: 0.5mg Theaflavin-3'-gallate: 0.43mg, Theaflavin-3'-gallate: 0.43mg, Theaflavin-3'-gallate: 0.43mg, Theaflavin-3'-gallate: 0.43mg Gallocatechin: 0.35mg,

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Nutrients (% of daily need)

Calories: 518.77kcal (25.94%), Fat: 31.88g (49.04%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 15.88g (5.77%), Sugar: 10.76g (11.95%), Cholesterol: 108.15mg (36.05%), Sodium: 560.02mg (24.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 39.15g (78.31%), Vitamin B3: 16.32mg (81.6%), Vitamin K: 55.2µg (52.57%), Selenium: 32.9µg (47%), Vitamin B6: 0.83mg (41.26%), Phosphorus: 350.83mg (35.08%), Vitamin E: 5.05mg (33.66%), Manganese: 0.49mg (24.34%), Vitamin B2: 0.35mg (20.31%), Magnesium: 77.53mg (19.38%), Potassium: 578.15mg (16.52%), Copper: 0.32mg (16.09%), Fiber: 3.4g (13.58%), Iron: 2.38mg (13.23%), Vitamin B5: 1.31mg (13.11%), Zinc: 1.82mg (12.14%), Vitamin B1: 0.16mg (10.37%), Vitamin B12: 0.42µg (6.99%), Calcium: 64.94mg (6.49%), Vitamin C: 3.92mg (4.76%), Folate: 18.82µg (4.71%), Vitamin A: 92.25IU (1.85%), Vitamin D: 0.17µg (1.13%)