



Herbed Chicken-Chutney Salad on Lettuce Leaves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 2 cups dice chicken skinless cooked
- ☐ 5 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 24 servings lime wedges
- ☐ 0.3 cup mango chutney chopped
- ☐ 0.5 cup mayonnaise

- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 84 inch long pieces hearts of romaine lettuce
- ☐ 6 tablespoons walnuts chopped

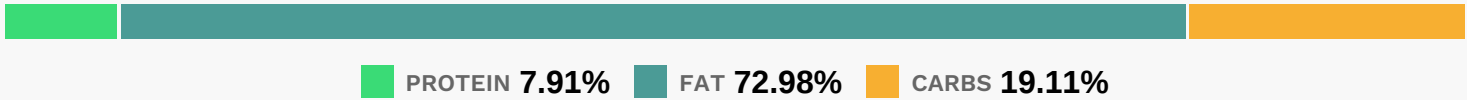
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, chutney, and lime juice in large bowl.
- ☐ Mix in chicken, walnuts, 2 tablespoons cilantro, celery, and red bell pepper. (Chicken salad can be made 4 hours ahead. Cover and refrigerate.)
- ☐ Place lettuce leaves on platter. Spoon 1 heaping tablespoonful chicken salad in center of each leaf.
- ☐ Sprinkle remaining 3 tablespoons cilantro over and serve with lime wedges alongside.

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:3.1056521363232%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 70.34kcal (3.52%), Fat: 5.84g (8.99%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.03g (2.26%), Cholesterol: 5.35mg (1.78%), Sodium: 35.68mg (1.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin A: 844.25IU (16.88%), Vitamin K: 17.51µg (16.68%), Manganese: 0.11mg (5.26%), Vitamin C: 3.48mg (4.22%), Folate: 16.78µg (4.2%), Copper: 0.05mg (2.62%),

Vitamin B6: 0.04mg (2.16%), Phosphorus: 20.67mg (2.07%), Vitamin B3: 0.39mg (1.94%), Fiber: 0.48g (1.91%),
Magnesium: 6.77mg (1.69%), Vitamin E: 0.23mg (1.56%), Potassium: 54.11mg (1.55%), Selenium: 1µg (1.43%), Iron:
0.24mg (1.36%), Vitamin B1: 0.02mg (1.36%), Vitamin B2: 0.02mg (1.24%), Zinc: 0.17mg (1.16%)