



Mango Chicken Boats with Macadamia Nuts

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

Ingredients

- ☐ 3 large heads belgian endive
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup crème fraîche sour (or cream)
- ☐ 0.3 cup tarragon fresh chopped
- ☐ 0.3 cup spring onion chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup mangos chopped
- ☐ 0.3 cup mayonnaise

- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup macadamia nuts salted chopped
- ☐ 1 teaspoon salt
- ☐ 3 cups chicken shredded cooked

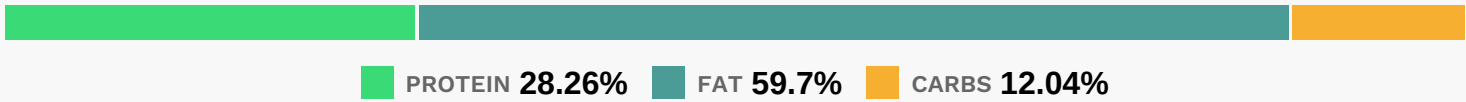
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine chicken, mango, celery, green onions, and tarragon in a large bowl.
- ☐ Whisk together lemon juice, crme frache, mayonnaise, salt, and pepper.
- ☐ Add to chicken mixture; stir gently to combine.
- ☐ Spoon chicken salad onto endive spears, then sprinkle with macadamia nuts.
- ☐ Dry Creek Vineyard 2009 Wilson Ranch Dry Chenin Blanc (Clarksburg; \$12). Honeysuckle and Meyer lemon aromas meet a rush of melon, apple, and citrus, with a tangy, limestone finish.
- ☐ Husch 2010 Chenin Blanc (Mendocino; \$11). Shades of the off-dry Chenin we chugged in the '80s, only better, with pretty peach and almond blossoms.
- ☐ Pine Ridge 2010 Chenin Blanc + Viognier (California; \$14). A Chenin at heart with a splash of Viognier; juicy peach, pear, green apple, tangerine, and a whiff of spicy jasmine.

Nutrition Facts



Properties

Glycemic Index:34.72, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:9.233478218317%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg

0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 201.48kcal (10.07%), Fat: 13.53g (20.81%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.74g (4.16%), Cholesterol: 46.56mg (15.52%), Sodium: 383.99mg (16.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin B3: 4.58mg (22.91%), Vitamin K: 23.06µg (21.96%), Selenium: 13.75µg (19.65%), Manganese: 0.35mg (17.73%), Vitamin C: 13.34mg (16.17%), Vitamin B6: 0.31mg (15.28%), Phosphorus: 127.65mg (12.76%), Vitamin A: 432.24IU (8.64%), Iron: 1.46mg (8.08%), Vitamin B2: 0.14mg (7.96%), Potassium: 269.7mg (7.71%), Magnesium: 27.25mg (6.81%), Vitamin B1: 0.1mg (6.73%), Zinc: 1mg (6.67%), Vitamin B5: 0.65mg (6.53%), Folate: 24.24µg (6.06%), Copper: 0.11mg (5.36%), Calcium: 45.04mg (4.5%), Fiber: 1.09g (4.36%), Vitamin E: 0.52mg (3.48%), Vitamin B12: 0.18µg (2.93%)