



## Mimi's Curried Hawaiian Chicken Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



15

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce water chestnuts sliced canned
- 2 cups celery chopped
- 1 tablespoon curry powder
- 1 pound grapes green seedless halved
- 1 teaspoon juice of lemon
- 3 cups mayonnaise
- 15 servings paprika for garnish
- 20 ounce pineapple chunks drained canned

- 6 chicken breasts boneless skinless cubed
- 2.5 cups slivered almonds toasted
- 1 tablespoon soya sauce

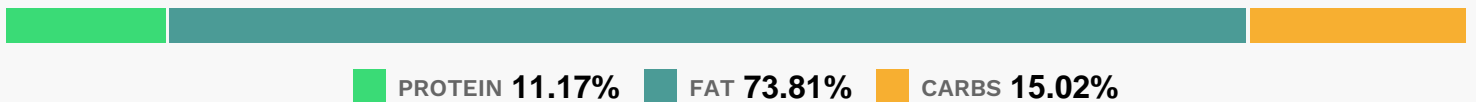
## Equipment

- bowl
- pot

## Directions

- Place chicken in a large pot of lightly salted water, and bring to a boil; simmer until tender and cooked through, about 25 minutes.
- Drain, set aside. When cool enough to handle, chop coarsely, and place into a large bowl.
- In a separate bowl, stir together mayonnaise, curry powder, lemon juice, and soy sauce.
- Stir into the chopped chicken 2 1/4 cups of the toasted almonds. Stir in grapes, celery, water chestnuts, and pineapple. Gently fold in all but 1/2 cup of the dressing. Cover, and refrigerate salad and reserved dressing for several hours (or overnight).
- Before serving, adjust dressing to taste, and garnish with paprika and remaining 1/4 cup almonds.

## Nutrition Facts



## Properties

Glycemic Index:11.53, Glycemic Load:2.81, Inflammation Score:-8, Nutrition Score:18.59695676617%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg,  
Kaempferol: 0.1mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 525.34kcal (26.27%), Fat: 44.1g (67.85%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 20.2g (6.73%),  
Net Carbohydrates: 15.54g (5.65%), Sugar: 12.12g (13.47%), Cholesterol: 47.74mg (15.91%), Sodium: 419.27mg  
(18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.03%), Vitamin K: 83.79µg (79.8%), Vitamin  
E: 7.05mg (47.02%), Vitamin B3: 5.92mg (29.61%), Manganese: 0.54mg (26.79%), Vitamin B6: 0.52mg (25.93%),  
Selenium: 16.84µg (24.05%), Vitamin A: 1131.23IU (22.62%), Phosphorus: 216.63mg (21.66%), Vitamin B2: 0.33mg  
(19.36%), Magnesium: 76.35mg (19.09%), Fiber: 4.66g (18.64%), Copper: 0.33mg (16.62%), Potassium: 530.26mg  
(15.15%), Iron: 1.95mg (10.81%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.94mg (9.42%), Zinc: 1.16mg (7.77%),  
Calcium: 76.38mg (7.64%), Vitamin C: 5.98mg (7.24%), Folate: 22.55µg (5.64%), Vitamin B12: 0.14µg (2.4%)