



My Favorite Chicken Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup almonds toasted thinly sliced
- ☐ 2 cups celery thinly sliced
- ☐ 4.5 cups chicken breast – from 3 chicken breasts cooked
- ☐ 1 teaspoon curry powder to taste canned (you can use more or less)
- ☐ 1.5 teaspoon lemon zest fresh
- ☐ 2 tablespoon juice of lime fresh
- ☐ 1.5 cups mayonnaise
- ☐ 0.8 cup major grey's chutney

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O.5 cup onions finely chopped (more if you like)

Equipment

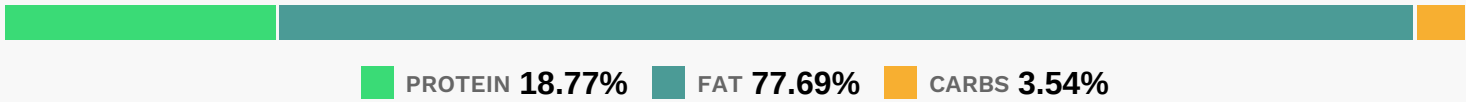
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bowl

Directions

- ☐ Mix together all ingredients in a bowl.
- ☐ Serve on a bed of lettuce topped with more almonds or serve as the filling of a sandwich made with good bread.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:23.311304351558%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 3.09mg, Epigallocatechin: 3.09mg, Epigallocatechin: 3.09mg, Epigallocatechin: 3.09mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg, Epicatechin 3-gallate: 2.07mg Epigallocatechin 3-gallate: 3.31mg, Epigallocatechin 3-gallate: 3.31mg, Epigallocatechin 3-gallate: 3.31mg, Epigallocatechin 3-gallate: 3.31mg Theaflavin: 0.56mg, Theaflavin: 0.56mg, Theaflavin: 0.56mg, Theaflavin: 0.56mg Thearubigins: 28.78mg, Thearubigins: 28.78mg, Thearubigins: 28.78mg, Thearubigins: 28.78mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg Theaflavin-3,3'-digallate: 0.62mg, Theaflavin-3,3'-digallate: 0.62mg, Theaflavin-3,3'-digallate: 0.62mg, Theaflavin-3,3'-digallate: 0.62mg Theaflavin-3'-gallate: 0.53mg, Theaflavin-3'-gallate: 0.53mg, Theaflavin-3'-gallate: 0.53mg, Theaflavin-3'-gallate: 0.53mg Gallocatechin: 0.44mg, Gallocatechin: 0.44mg, Gallocatechin: 0.44mg, Gallocatechin: 0.44mg

Nutrients (% of daily need)

Calories: 679.62kcal (33.98%), Fat: 58.5g (90%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 6g (2%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.14g (2.38%), Cholesterol: 114.62mg (38.21%), Sodium: 617.8mg (26.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.08mg (2.36%), Protein: 31.8g (63.59%), Vitamin K: 122.14µg (116.33%), Vitamin B3: 14.59mg (72.93%), Selenium: 45.44µg (64.92%), Vitamin B6: 1.09mg (54.31%), Phosphorus: 358.86mg (35.89%), Vitamin E: 5.03mg (33.54%), Vitamin B5: 2.21mg (22.15%), Potassium: 736.03mg (21.03%), Manganese: 0.39mg (19.66%), Magnesium: 69.3mg (17.33%), Vitamin B2: 0.29mg (16.91%), Fiber: 2.29g (9.16%), Vitamin B1: 0.13mg (8.71%), Copper: 0.17mg (8.67%), Zinc: 1.28mg (8.53%), Folate: 33.46µg (8.36%), Vitamin C: 6.68mg (8.09%), Iron: 1.23mg (6.84%), Calcium: 60.27mg (6.03%), Vitamin B12: 0.35µg (5.84%), Vitamin A: 273.23IU (5.46%), Vitamin D: 0.27µg (1.8%)