



Tropical Curried Chicken Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup chicken broth plus 2 tsps brown sugar
- ☐ 8 oz water chestnuts sliced canned
- ☐ 1 cup celery sliced
- ☐ 3 cups meat from a rotisserie chicken cooked
- ☐ 1.5 teaspoons curry powder
- ☐ 4 green onions sliced thin
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup macadamia nuts chopped

- ☐ 0.5 cup mandarin orange segents
- ☐ 0.5 cup mayonnaise for egg-free (use vegan mayo)
- ☐ 0.5 cup pineapple diced

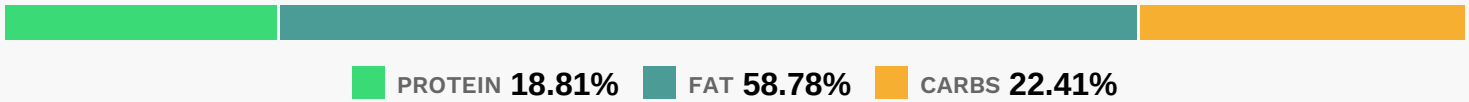
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, heat the pineapple juice with the curry powder.Simmer for 2 minutes.Cool and add to mayonnaise and lemon juice.Blend well.Fold in the chicken or fish and refrigerate until ready to toss with other ingredients.

Nutrition Facts



Properties

Glycemic Index:38.28, Glycemic Load:2.04, Inflammation Score:-5, Nutrition Score:14.773043394089%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 410.91kcal (20.55%), Fat: 27.28g (41.98%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.84g (7.22%), Sugar: 14.53g (16.14%), Cholesterol: 60.34mg (20.11%), Sodium: 194.19mg (8.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.29%), Vitamin K: 52.63µg (50.12%), Manganese: 0.73mg (36.35%), Vitamin B3: 6.26mg (31.3%), Selenium: 18.81µg (26.87%), Vitamin B6: 0.47mg (23.45%), Phosphorus: 184.31mg (18.43%), Vitamin C: 14.85mg (18%), Vitamin B1: 0.22mg (14.35%), Fiber: 3.57g (14.28%), Iron: 2.24mg (12.46%), Potassium: 404.97mg (11.57%), Copper: 0.23mg (11.5%), Zinc: 1.57mg (10.44%), Magnesium: 41.72mg (10.43%), Vitamin B5: 1.01mg (10.08%), Vitamin B2: 0.17mg (9.82%), Vitamin E: 1.21mg (8.04%), Folate: 26.68µg (6.67%), Vitamin A: 319.89IU (6.4%), Calcium: 52.09mg (5.21%), Vitamin B12: 0.23µg (3.76%)