

Wonderful Chicken Curry Salad

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

READY IN



25 min.

SERVINGS



8

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon curry powder
- 1 cup grapes seedless halved
- 1 cup mayonnaise
- 0.8 cup mint-cilantro chutney spread shopping list
- 0.5 cup onion chopped
- 0.7 cup pecans chopped
- 0.3 teaspoon pepper
- 5 chicken breast halves boneless skinless

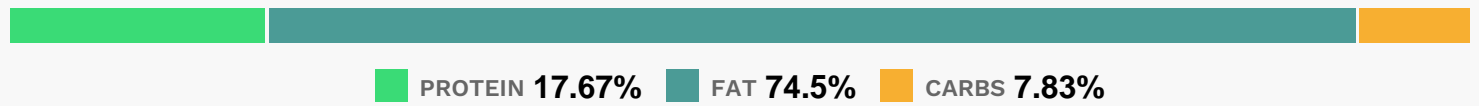
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan, simmer chicken breasts in water for about 7 to 10 minutes, or until cooked through.
- Drain, cool, and tear into small pieces with a fork.
- In a large bowl, combine mayonnaise, chutney, curry powder, and pepper. Stir in chicken, pecans, grapes, and onions. Chill.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:1.83, Inflammation Score:-5, Nutrition Score:12.698695755523%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 371.24kcal (18.56%), Fat: 30.69g (47.22%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.95g (2.16%), Sugar: 3.88g (4.31%), Cholesterol: 56.96mg (18.99%), Sodium: 599.87mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.76%), Vitamin K: 49.25µg (46.9%), Vitamin B3: 7.53mg (37.64%), Selenium: 23.7µg (33.86%), Vitamin B6: 0.58mg (29.08%), Manganese: 0.47mg (23.31%), Phosphorus: 187mg (18.7%), Vitamin A: 581.17IU (11.62%), Vitamin B5: 1.16mg (11.56%), Potassium: 359.49mg (10.27%), Vitamin E: 1.27mg (8.49%), Vitamin B1: 0.13mg (8.42%), Copper: 0.16mg (8.21%), Magnesium: 32.7mg (8.17%), Vitamin C: 5.51mg (6.68%), Vitamin B2: 0.1mg (6.15%), Zinc: 0.9mg (6.03%), Fiber: 1.31g (5.24%), Iron:

0.72mg (3.99%), Vitamin B12: 0.17µg (2.91%), Folate: 8.9µg (2.22%), Calcium: 17.79mg (1.78%)