

Curried Chicken Salad

Southern Living Magazine - July 2013

1/2 cup mayonnaise
 1/4 cup green onions, finely chopped
 1 tablespoon fresh ginger, grated
 2 tablespoons curry powder
 1/2 cup sour cream
 4 cups cooked chicken, diced
 3/4 cup golden raisins
 3/4 cup yellow bell pepper, diced
 1 cup celery, diced
 salt and pepper (to taste)
 3/4 cup toasted sweetened flaked coconut
 1/2 cup lightly salted roasted peanuts, chopped

In a large bowl, whisk together the mayonnaise, green onions, ginger, curry powder and sour cream, .

Stir in the chicken, raisins, bell pepper and celery.

Add salt and pepper to taste.

Chill for three hours.

Stir in the coconut and peanuts just before serving.

Per Serving (excluding unknown items): 2480 Calories; 146g Fat (51.3% calories from fat); 186g Protein; 125g Carbohydrate; 13g Dietary Fiber; 566mg Cholesterol; 1250mg Sodium. Exchanges: 1/2 Grain(Starch); 24 1/2 Lean Meat; 2 1/2 Vegetable; 6 1/2 Fruit; 1/2 Non-Fat Milk; 13 Fat.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	2480
% Calories from Fat:	51.3%
% Calories from Carbohydrates:	19.5%
% Calories from Protein:	29.2%
Total Fat (g):	146g
Saturated Fat (g):	36g
Monounsaturated Fat (g):	41g
Polyunsaturated Fat (g):	52g
Cholesterol (mg):	566mg
Carbohydrate (g):	125g
Dietary Fiber (g):	13g

Vitamin B6 (mg):	4.8mg
Vitamin B12 (mcg):	2.5mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	145mcg
Niacin (mg):	73mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 186g
Sodium (mg): 1250mg
Potassium (mg): 3376mg
Calcium (mg): 442mg
Iron (mg): 14mg
Zinc (mg): 9mg
Vitamin C (mg): 224mg
Vitamin A (i.u.): 2076IU
Vitamin A (r.e.): 454RE

Lean Meat: 24 1/2
Vegetable: 2 1/2
Fruit: 6 1/2
Non-Fat Milk: 1/2
Fat: 13
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2480	Calories from Fat: 1272
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% Daily Values*

Total Fat 146g	224%
Saturated Fat 36g	178%
Cholesterol 566mg	189%
Sodium 1250mg	52%
Total Carbohydrates 125g	42%
Dietary Fiber 13g	52%
Protein 186g	

Vitamin A	42%
Vitamin C	374%
Calcium	44%
Iron	77%

* Percent Daily Values are based on a 2000 calorie diet.