

# Curried Pineapple Chicken Salad

*Inn at Asphodel Village - Jackson, LA  
The Great Country Inns of America Cookbook (2nd ed) (1992)*

*2 frying chickens, roasted  
1 can (20 ounce) pineapple, drained  
1 cup celery, chopped  
2 tablespoons curry powder  
1/2 cup green onions including tops, chopped  
1/2 cup golden raisins  
1/2 cup broken pecans  
mayonnaise (to bind)  
salt (to taste)  
pepper (to taste)*

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Remove the chicken from the bone. Cut in bite-size pieces.

In a bowl, combine the chicken, pineapple, celery, curry powder, green onions, raisins, pecans, mayonnaise, salt and pepper. Toss well.

Serve very cold on a bed of lettuce.

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Per Serving (excluding unknown items): 541 Calories; 4g Fat (6.3% calories from fat); 7g Protein; 136g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 126mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 8 Fruit; 1/2 Fat.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	541
% Calories from Fat:	6.3%
% Calories from Carbohydrates:	89.0%
% Calories from Protein:	4.7%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	136g
Dietary Fiber (g):	15g

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	106mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	1/2
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**Protein (g):** 7g  
**Sodium (mg):** 126mg  
**Potassium (mg):** 1688mg  
**Calcium (mg):** 185mg  
**Iron (mg):** 7mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 85mg  
**Vitamin A (i.u.):** 430IU  
**Vitamin A (r.e.):** 41RE

**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 8  
**Non-Fat Milk:** 0  
**Fat:** 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	541	Calories from Fat: 34
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### % Daily Values\*

<b>Total Fat</b>	4g	7%
Saturated Fat	1g	3%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	126mg	5%
<b>Total Carbohydrates</b>	136g	45%
Dietary Fiber	15g	61%
<b>Protein</b>	7g	

<b>Vitamin A</b>	9%
<b>Vitamin C</b>	142%
<b>Calcium</b>	19%
<b>Iron</b>	41%

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