

# Curried Chicken & Avocado Sandwich

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-mango-chutney-recipe-no-onions-and-garlic>

## Ingredients:

- 4 chicken tenderloin or 2 boneless, skinless chicken breast halves, pounded thin
- curry powder
- 3 tablespoons mango chutney
- 1 avocado small, ripe
- sea salt
- 1 handful arugula
- 10 stems cilantro stems removed
- 4 slices crusty bread like french or sourdough

## Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 139 grams
3. Cholesterol: 150 milligrams
4. Fat: 26 grams
5. Fiber: 13 grams
6. Protein: 75 grams
7. SaturatedFat: 6 grams
8. Sodium: 1950 milligrams
9. Sugar: 23 grams

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