

# Coronation Chicken Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/light-chicken-salad-recipe-with-greek-yogurt>

## Ingredients:

- 1 1/2 pounds chicken skins cooked, and bones removed and chopped
- 2 tablespoons green onions sliced
- 10 dried apricots chopped
- 2 tablespoons sliced almonds toasted
- 3 tablespoons fresh cilantro /coriander chopped
- 2 1/2 cups arugula /rocket
- 1 tablespoon black sesame seeds or nigella seeds
- salt to taste
- 5 3/8 tablespoons plain yogurt
- 4 tablespoons mayonnaise
- 1 teaspoon curry powder fresh and good quality
- 1 tablespoon mango chutney
- 1/2 teaspoon smoked paprika
- 1 tablespoon lemon juice

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 115 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3 grams
8. Sodium: 440 milligrams
9. Sugar: 5 grams

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