

# Low Carb Curry Chicken Salad

Yield: 6 min  
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-curry-chicken-salad-recipe>

## Ingredients:

- 1/2 whole cooked chicken about 1/2 lb cooked chicken
- 3/4 cup greek yogurt
- 1 tablespoon lemon juice
- 1 1/2 tablespoons curry powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin
- 1 pinch cayenne
- 1/2 teaspoon sea salt
- 1 stalk celery
- 1/4 cup pecans
- 1 tablespoon cilantro
- 2 tablespoons green onion or red if you prefer

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 1 grams
8. Sodium: 210 milligrams
9. Sugar: 2 grams

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