



# Asparagus and Artichoke Pasta Salad

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



821 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup almonds toasted sliced
- 10 asparagus ends trimmed
- 6 slices bacon
- 1 chicken breast strips/pre-cooked/chopped cubed cooked
- 0.3 cup cranberries dried
- 2 teaspoons juice of lemon
- 3 tablespoons mayonnaise low fat
- 6 ounce marinated artichoke drained coarsely chopped

- 16 ounce penne pasta
- 4 servings salt and pepper to taste
- 3 tablespoons balsamic vinaigrette salad dressing
- 1 teaspoon worcestershire sauce

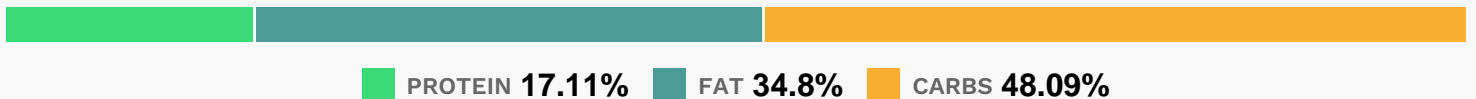
## Equipment

- bowl
- frying pan
- pot

## Directions

- Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- Drain, crumble and set aside.
- Meanwhile, bring a large pot of lightly salted water to a boil.
- Add asparagus and cook until tender, about 1 minute. Strain asparagus out of water and immediately plunge into a bowl filled with ice water; let sit in ice water until completely cold, then cut into 1 inch pieces. Next, add pasta to boiling water and cook for 8 to 10 minutes or until al dente; drain, rinse with cold water until chilled, then drain well.
- Stir together mayonnaise, balsamic vinaigrette, lemon juice, and Worcestershire sauce in a large bowl. Fold in artichoke, chicken, cranberries, almonds, crumbled bacon, and asparagus. Season to taste with salt and pepper, then fold in cooked pasta. Refrigerate for at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:34.32, Inflammation Score:-7, Nutrition Score:24.793043276538%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin:

0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg  
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.14mg,  
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0.36mg, Hesperetin: 0.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg  
Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg, Isorhamnetin: 2.43mg Kaempferol: 0.58mg,  
Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin:  
0.18mg, Myricetin: 0.18mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

## Nutrients (% of daily need)

Calories: 821.24kcal (41.06%), Fat: 31.52g (48.49%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 98.02g  
(32.67%), Net Carbohydrates: 91.57g (33.3%), Sugar: 10.84g (12.05%), Cholesterol: 60.01mg (20%), Sodium:  
720.18mg (31.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.75%), Selenium: 91.85µg (131.21%),  
Manganese: 1.27mg (63.35%), Vitamin B3: 9.81mg (49.03%), Phosphorus: 411.62mg (41.16%), Vitamin K: 34.97µg  
(33.3%), Vitamin B6: 0.56mg (27.77%), Fiber: 6.45g (25.79%), Copper: 0.51mg (25.39%), Magnesium: 98.52mg  
(24.63%), Vitamin E: 3.25mg (21.69%), Iron: 3.56mg (19.78%), Vitamin B1: 0.3mg (19.71%), Zinc: 2.83mg (18.89%),  
Potassium: 573.79mg (16.39%), Vitamin B2: 0.27mg (15.89%), Vitamin A: 757.63IU (15.15%), Vitamin C: 12.35mg  
(14.97%), Vitamin B5: 1.25mg (12.49%), Folate: 46.5µg (11.63%), Calcium: 68.67mg (6.87%), Vitamin B12: 0.31µg  
(5.19%), Vitamin D: 0.17µg (1.17%)