



## Barbeque Chicken Pasta Salad

 Dairy Free

READY IN



95 min.

SERVINGS



12

CALORIES



465 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup barbeque sauce
- ☐ 30 ounce black beans rinsed drained canned
- ☐ 0.8 cup cilantro leaves fresh minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup jicama diced peeled
- ☐ 1 cup mayonnaise
- ☐ 2 orange bell peppers diced seeded
- ☐ 16 ounce shells whole-wheat

- ☐ 2 bell peppers diced red seeded
- ☐ 3 chicken breast halves boneless skinless
- ☐ 30.5 ounce kernel corn whole drained canned

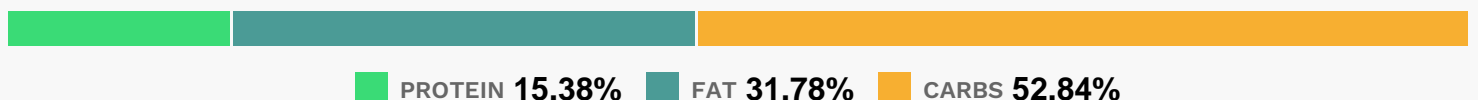
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

## Directions

- ☐ Place the chicken breasts into a saucepan over medium-low heat, and pour in 1 cup of barbeque sauce. Simmer the chicken until the meat is no longer pink inside, about 15 minutes. Allow to cool, and dice chicken meat.
- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes.
- ☐ Drain well in a colander set in the sink. Rinse pasta with cold water until chilled, and drain again thoroughly.
- ☐ In a large salad bowl, whisk 1 cup of barbeque sauce with mayonnaise until thoroughly combined.
- ☐ Mix in the cumin, then stir in cooked chicken.
- ☐ Place cooked pasta, jicama, red and orange bell peppers, corn, cilantro, black beans, jalapeno peppers, and red onion into the salad bowl, and gently fold to combine with the dressing.
- ☐ Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:13.83, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:24.260000143362%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 464.77kcal (23.24%), Fat: 16.78g (25.82%), Saturated Fat: 2.69g (16.82%), Carbohydrates: 62.77g (20.92%), Net Carbohydrates: 56.25g (20.46%), Sugar: 9.89g (10.99%), Cholesterol: 25.92mg (8.64%), Sodium: 792.18mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Manganese: 1.46mg (72.83%), Vitamin C: 56.87mg (68.93%), Selenium: 38.43µg (54.9%), Vitamin K: 36µg (34.28%), Vitamin B3: 6.46mg (32.29%), Phosphorus: 285.2mg (28.52%), Vitamin A: 1390.66IU (27.81%), Folate: 108.4µg (27.1%), Magnesium: 104.35mg (26.09%), Fiber: 6.51g (26.06%), Vitamin B6: 0.48mg (23.82%), Vitamin B1: 0.35mg (23.01%), Iron: 3.54mg (19.65%), Potassium: 654.83mg (18.71%), Copper: 0.37mg (18.7%), Vitamin B2: 0.23mg (13.77%), Zinc: 1.84mg (12.28%), Vitamin B5: 1.12mg (11.22%), Vitamin E: 1.56mg (10.42%), Calcium: 58.44mg (5.84%), Vitamin B12: 0.08µg (1.31%)