



Best Ever Pasta Salad

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

276 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 4 chicken breast halves boneless cooled cubed cooked
- ☐ 2 tablespoons capers minced
- ☐ 0.5 teaspoon dill weed dried
- ☐ 0.5 teaspoon tarragon dried
- ☐ 1 bell pepper diced green seeded
- ☐ 4 green onions diced
- ☐ 8 servings coarsely ground pepper black to taste
- ☐ 0.5 pound havarti cheese diced
- ☐ 2 teaspoons mustard dijon-style prepared

- ☐ 2 cups rotelli pasta
- ☐ 0.3 cup pimento minced
- ☐ 1 teaspoon salt
- ☐ 1 cup vegetable oil
- ☐ 0.5 cup citrus champagne vinegar

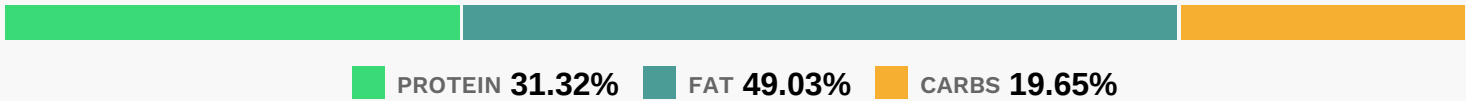
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a medium bowl, whisk together the oil, vinegar, tarragon, dill, salt, mustard, pimento, capers and pepper. Seat aside.
- ☐ In a large bowl, toss together the pasta, green pepper, Havarti, green onions and chicken.
- ☐ Add dressing to taste and toss to coat.

Nutrition Facts



Properties

Glycemic Index:32.88, Glycemic Load:4.8, Inflammation Score:-6, Nutrition Score:13.758260908334%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 276.41kcal (13.82%), Fat: 14.87g (22.88%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 13.41g (4.47%), Net Carbohydrates: 12.22g (4.45%), Sugar: 1.12g (1.25%), Cholesterol: 61.11mg (20.37%), Sodium: 644.14mg (28.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.75%), Selenium: 30.48µg (43.54%), Vitamin B3: 6.36mg (31.79%), Phosphorus: 307.34mg (30.73%), Vitamin B6: 0.53mg (26.42%), Vitamin C: 20.41mg (24.74%), Vitamin K: 24.96µg (23.77%), Calcium: 189.93mg (18.99%), Manganese: 0.24mg (11.78%), Zinc: 1.76mg (11.72%), Vitamin A: 529.02IU (10.58%), Vitamin B2: 0.18mg (10.47%), Vitamin B5: 0.99mg (9.92%), Potassium: 331.43mg (9.47%), Magnesium: 36.13mg (9.03%), Vitamin B12: 0.5µg (8.4%), Folate: 28.62µg (7.16%), Vitamin E: 0.92mg (6.16%), Copper: 0.11mg (5.7%), Vitamin B1: 0.08mg (5.35%), Iron: 0.92mg (5.09%), Fiber: 1.19g (4.75%)