

Billy's Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



438 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 stalks celery diced
- 2 cups chicken meat shredded cooked
- 2 cups mayonnaise
- 1 onion diced red
- 16 ounce rainbow rotini pasta
- 12 servings salt and pepper to taste

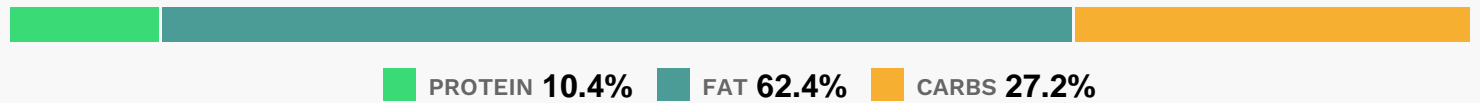
Equipment

- 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, and rinse with cold water to cool.
- Stir together chicken, celery, onion, and mayonnaise; fold in cold pasta, and season to taste with salt and pepper.
- Place in refrigerator, and let rest for at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:11.67, Inflammation Score:-3, Nutrition Score:9.7069564954094%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 437.67kcal (21.88%), Fat: 30.06g (46.25%), Saturated Fat: 4.9g (30.64%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 28.02g (10.19%), Sugar: 1.7g (1.89%), Cholesterol: 33.18mg (11.06%), Sodium: 456.32mg (19.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.54%), Vitamin K: 62.88µg (59.89%), Selenium: 30.56µg (43.66%), Manganese: 0.37mg (18.62%), Phosphorus: 128.34mg (12.83%), Vitamin B3: 2.51mg (12.57%), Vitamin E: 1.29mg (8.57%), Vitamin B6: 0.17mg (8.41%), Copper: 0.14mg (6.78%), Magnesium: 26.96mg (6.74%), Zinc: 0.97mg (6.46%), Fiber: 1.47g (5.89%), Potassium: 175.95mg (5.03%), Iron: 0.89mg (4.92%), Vitamin B5: 0.48mg (4.82%), Vitamin B2: 0.07mg (4.14%), Vitamin B1: 0.06mg (3.86%), Folate: 13.98µg (3.49%), Vitamin B12: 0.11µg (1.87%), Calcium: 18.62mg (1.86%), Vitamin A: 63.95IU (1.28%), Vitamin C: 0.88mg (1.07%)