



## Bistro Chicken-Pasta Salad

READY IN



25 min.

SERVINGS



25

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup 1/2 cup prepared with less oil good seasons italian italian with less oil good seasons , mild or zesty dressing mix (see tip) prepared
- 1 cup cherry tomatoes quartered
- 1.3 cups penne pasta cooked
- 4 oz athenos feta cheese crumbled traditional
- 0.3 cup basil leaves fresh loosely packed cut into strips
- 0.3 cup onions red chopped
- 0.5 lb chicken breasts boneless skinless cut into 1/4-inch-thick slices
- 0.3 cup sun-dried tomatoes chopped

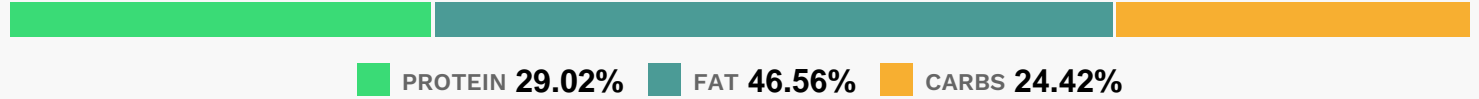
# Equipment

## Directions

Combine all ingredients except chicken.

Top with chicken.

## Nutrition Facts



## Properties

Glycemic Index:8.1, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.3973913011344%

## Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 42.07kcal (2.1%), Fat: 2.19g (3.37%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.66g (0.73%), Cholesterol: 9.84mg (3.28%), Sodium: 64.19mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Selenium: 4.88µg (6.97%), Vitamin B3: 1.15mg (5.73%), Vitamin B6: 0.1mg (5.01%), Phosphorus: 43.19mg (4.32%), Vitamin B2: 0.06mg (3.27%), Potassium: 92.38mg (2.64%), Calcium: 25.93mg (2.59%), Vitamin K: 2.71µg (2.58%), Vitamin C: 2.07mg (2.52%), Manganese: 0.05mg (2.48%), Vitamin B5: 0.21mg (2.11%), Magnesium: 7.07mg (1.77%), Zinc: 0.24mg (1.61%), Vitamin B12: 0.09µg (1.58%), Vitamin A: 77.53IU (1.55%), Iron: 0.28mg (1.53%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.5%), Vitamin E: 0.22mg (1.48%), Fiber: 0.29g (1.16%), Folate: 4.18µg (1.04%)