



Black Bean-Chicken Salad with Creamy Cilantro Pesto Dressing

READY IN



20 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons vegetable oil
- 1 pound chicken breast halves boneless skinless cut into 1/2-inch strips
- 1 teaspoon chili powder
- 0.3 teaspoon garlic salt
- 6 ounces rigatoni uncooked
- 1 cup tomatoes chopped
- 15 ounces black beans rinsed drained canned
- 1.5 cups cilantro leaves fresh chopped

- 0.5 cup parmesan shredded
- 0.3 cup pinenuts
- 0.3 cup vegetable oil
- 0.3 cup whipping cream (heavy)
- 1 teaspoon lemon zest grated
- 1 tablespoon juice of lemon
- 0.1 teaspoon ground pepper red (cayenne)
- 2 cloves garlic

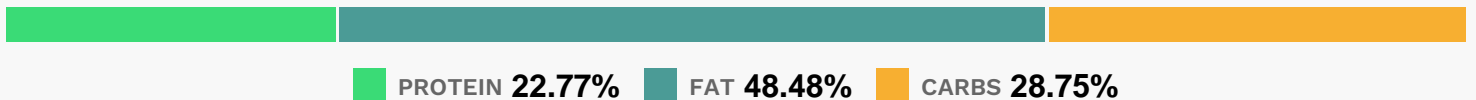
Equipment

- frying pan

Directions

- Prepare Creamy Cilantro Pesto Dressing.
- Heat oil in 10-inch skillet over medium-high heat. Cook chicken in oil 6 to 8 minutes, stirring occasionally, until no longer pink in center. Toss chicken, chili powder and garlic salt; set aside.
- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Mix pasta, chicken, dressing, tomato and beans.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:8.94, Inflammation Score:-7, Nutrition Score:23.086956640948%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 501.69kcal (25.08%), Fat: 27.2g (41.85%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 36.3g (12.1%), Net Carbohydrates: 29.62g (10.77%), Sugar: 2.19g (2.43%), Cholesterol: 65.26mg (21.75%), Sodium: 603.55mg (26.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.48%), Selenium: 45.51µg (65.01%), Manganese: 1.17mg (58.37%), Vitamin B3: 9.41mg (47.05%), Vitamin K: 44.48µg (42.36%), Phosphorus: 406.36mg (40.64%), Vitamin B6: 0.71mg (35.58%), Fiber: 6.68g (26.7%), Magnesium: 87.46mg (21.86%), Potassium: 717.26mg (20.49%), Copper: 0.37mg (18.6%), Vitamin A: 831.91IU (16.64%), Vitamin E: 2.48mg (16.51%), Folate: 61.81µg (15.45%), Vitamin B2: 0.26mg (15.14%), Iron: 2.71mg (15.07%), Calcium: 149.74mg (14.97%), Vitamin B5: 1.47mg (14.75%), Vitamin B1: 0.22mg (14.75%), Zinc: 2.05mg (13.66%), Vitamin C: 9.17mg (11.11%), Vitamin B12: 0.27µg (4.45%), Vitamin D: 0.28µg (1.84%)