



WHAT'SHEATE



Caesar Chicken-Pasta Salad

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup caesar dressing fat-free
- ☐ 1.5 cups cherry tomatoes halved
- ☐ 3 cups penne pasta hot tubular-shaped cooked uncooked (6 ounces pasta)
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions chopped
- ☐ 2 cups romaine lettuce thinly sliced

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12 ounces skinned shredded (such as Tyson's)

Equipment

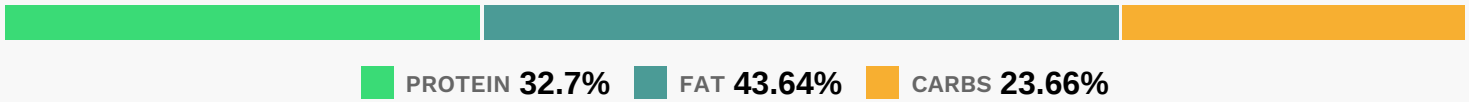
☐

bowl

Directions

- ☐ Combine all ingredients in a large bowl; toss well to coat.
- ☐ Note: To lower the sodium in this dish, use plain cooked chicken in place of the commercial roasted variety, which is fairly high in sodium.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:9.6, Inflammation Score:-9, Nutrition Score:26.282173954922%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 443.53kcal (22.18%), Fat: 21.25g (32.69%), Saturated Fat: 6.49g (40.57%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 23.27g (8.46%), Sugar: 2.92g (3.24%), Cholesterol: 105.16mg (35.05%), Sodium: 636.09mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.66%), Vitamin K: 146.82µg (139.83%), Selenium: 45.44µg (64.91%), Vitamin B3: 12.72mg (63.62%), Vitamin A: 3063.07IU (61.26%), Vitamin B6: 0.75mg (37.66%), Phosphorus: 362.47mg (36.25%), Vitamin C: 21.85mg (26.48%), Vitamin B2: 0.4mg (23.28%), Manganese: 0.4mg (20.16%), Calcium: 201.13mg (20.11%), Folate: 72.31µg (18.08%), Iron: 3.23mg (17.94%), Zinc: 2.27mg (15.12%), Potassium: 516.02mg (14.74%), Magnesium: 56.72mg (14.18%), Vitamin B5: 1.32mg (13.23%), Vitamin B12: 0.77µg (12.9%), Vitamin E: 1.71mg (11.41%), Vitamin B1: 0.17mg (11.17%), Fiber: 2.64g (10.57%), Copper: 0.2mg (9.97%), Vitamin D: 0.22µg (1.45%)