



Caribbean Jerk Chicken & Pasta Salad

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box ranch seasoning betty suddenly salad®
- 0.3 cup mayonnaise
- 1 tablespoon brown sugar packed
- 1 tablespoon juice of lime fresh
- 1 teaspoon ginger grated
- 0.5 teaspoon pepper red crushed
- 12 oz chicken tenderloins refrigerated chopped
- 1.5 cups pineapple fresh chopped

- 3 medium spring onion sliced
- 2 teaspoons cilantro leaves fresh chopped

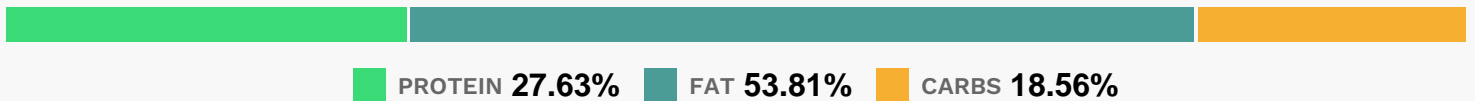
Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 15 minutes, stirring occasionally.
- Meanwhile, in large bowl, stir together seasoning mix, mayonnaise, brown sugar, lime juice, gingerroot and red pepper flakes. Stir in chicken, pineapple, green onions and cilantro.
- Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into salad mixture. Cover and refrigerate 1 hour to chill. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:31.28, Glycemic Load:2.99, Inflammation Score:-3, Nutrition Score:10.382173965807%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 181.72kcal (9.09%), Fat: 10.87g (16.72%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 8.43g (2.81%), Net Carbohydrates: 7.59g (2.76%), Sugar: 6.31g (7.01%), Cholesterol: 41.51mg (13.84%), Sodium: 162.31mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Vitamin K: 36.51µg (34.77%), Vitamin B3: 6.19mg (30.94%), Vitamin C: 22.58mg (27.38%), Selenium: 18.58µg (26.54%), Vitamin B6: 0.48mg (24.11%), Manganese: 0.41mg (20.46%), Phosphorus: 128.82mg (12.88%), Vitamin B5: 0.93mg (9.31%), Potassium: 288.33mg (8.24%), Magnesium: 22.1mg (5.52%), Vitamin B1: 0.08mg (5.03%), Vitamin B2: 0.08mg (4.73%), Vitamin E: 0.64mg (4.24%), Folate: 15.49µg (3.87%), Copper: 0.07mg (3.67%), Vitamin A: 176.71IU (3.53%), Fiber: 0.85g (3.39%), Zinc: 0.44mg

(2.92%), Iron: 0.51mg (2.86%), Vitamin B12: 0.13µg (2.14%), Calcium: 17.23mg (1.72%)