



Cherry Chicken Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



415 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup almonds toasted
- ☐ 1 cup celery diced
- ☐ 1 tablespoon champagne vinegar
- ☐ 2 cups meat from a rotisserie chicken diced cooked to taste
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 cup cherries dried
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 teaspoons kosher salt

- ☐ 2 cups mayonnaise
- ☐ 2 tablespoons poppy seeds
- ☐ 1 pound rotini pasta
- ☐ 2 tablespoons water cold

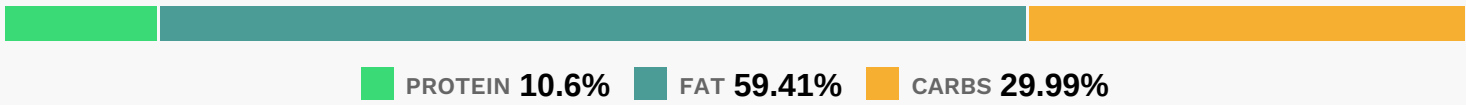
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook rotini at a boil until tender yet firm to the bite, about 8 minutes; drain and rinse under cold water.
- ☐ Combine chicken, cherries, celery, almonds, and pasta together in a large bowl.
- ☐ Whisk mayonnaise, confectioners' sugar, water, vinegar, poppy seeds, salt, and black pepper together in a separate bowl; fold dressing into chicken-pasta mixture.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:8.71, Inflammation Score:-5, Nutrition Score:10.943912941477%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 415.06kcal (20.75%), Fat: 27.47g (42.27%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 28.13g (10.23%), Sugar: 7.18g (7.98%), Cholesterol: 24.89mg (8.3%), Sodium: 490.17mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.05%), Vitamin K: 47.62µg (45.35%), Selenium: 23.42µg (33.46%), Manganese: 0.56mg (28.02%), Vitamin E: 3.28mg (21.83%), Phosphorus: 147.53mg (14.75%), Fiber: 3.07g (12.29%), Magnesium: 47.88mg (11.97%), Vitamin B3: 2.22mg (11.08%), Copper: 0.21mg (10.57%), Vitamin B2: 0.16mg (9.13%), Zinc: 1.09mg (7.24%), Iron: 1.23mg (6.83%), Vitamin B6: 0.13mg (6.71%), Vitamin A: 323.09IU (6.46%), Calcium: 60.44mg (6.04%), Potassium: 200.2mg (5.72%), Vitamin B1: 0.07mg (4.57%), Vitamin B5: 0.4mg (4.02%), Folate: 14.52µg (3.63%), Vitamin B12: 0.08µg (1.41%)