



Chicken Alfredo Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7.8 oz ranch & bacon pasta salad mix
- ☐ 0.5 cup alfredo sauce refrigerated
- ☐ 1.5 cups rotisserie chicken cut shredded skinless ()
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 cup cucumber halved sliced
- ☐ 2 tablespoons basil fresh sliced

Equipment

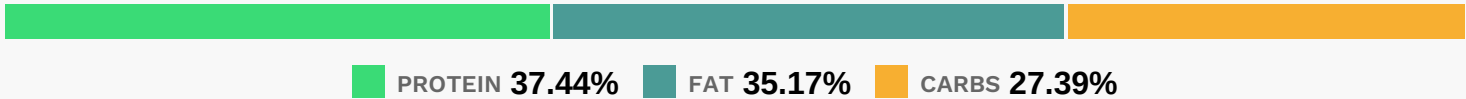
- ☐ bowl

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, cook pasta as directed on box.
- ☐ Drain; rinse with cold water to cool.
- ☐ In small bowl mix seasoning mix from packet and Alfredo sauce.
- ☐ Place cooked pasta, chicken, tomatoes, cucumber and basil in serving bowl.
- ☐ Add Alfredo mixture; toss to evenly coat.
- ☐ Sprinkle with topping from packet and basil sprig, if desired.
- ☐ Serve immediately or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:5.0069565384284%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 420.1kcal (21.01%), Fat: 13.49g (20.75%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 21.02g (7.64%), Sugar: 5.06g (5.63%), Cholesterol: 105.51mg (35.17%), Sodium: 1313.23mg (57.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.61%), Folate: 115.79µg (28.95%), Vitamin A: 681.23IU (13.62%), Vitamin C: 11mg (13.33%), Fiber: 2.62g (10.47%), Iron: 1.88mg (10.44%), Potassium: 266.69mg (7.62%), Vitamin K: 7.59µg (7.23%), Manganese: 0.07mg (3.74%), Calcium: 31.61mg (3.16%), Copper: 0.06mg (2.77%), Vitamin B6: 0.05mg (2.4%), Magnesium: 7.98mg (2%), Phosphorus: 17.97mg (1.8%), Vitamin B1: 0.02mg (1.6%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.3%), Vitamin B3: 0.22mg (1.1%), Vitamin B2: 0.02mg (1.02%)