



Chicken Alfredo Pasta Salad

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce alfredo sauce
- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 5 slices bacon chopped
- ☐ 2.3 ounce olives black sliced canned
- ☐ 0.5 cucumber sliced
- ☐ 5 green onions sliced
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 2 roma tomatoes seeded chopped (plum)

- ☐ 2 chicken breasts boneless skinless
- ☐ 16 ounce tri-color rotelle pasta
- ☐ 0.3 cup vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place chicken breasts onto a roasting pan; season with Italian seasoning,
- ☐ Cook chicken in preheated oven until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Set aside to cool completely.
- ☐ Cook and stir bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes; drain on a paper towel-lined plate until cool.
- ☐ Bring a large pot of lightly salted water to a boil; cook the rotelle pasta at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse the pasta in cold water until cooled; drain.
- ☐ Combine chicken, bacon, pasta, cucumber, tomatoes, black olives, artichoke hearts, and green onions in a large bowl.
- ☐ Pour vinegar and Alfredo sauce over the pasta mixture; stir to combine.
- ☐ Cover bowl with plastic wrap. Refrigerate at least 1 hour before serving.

Nutrition Facts



 PROTEIN **16.81%**  FAT **37.46%**  CARBS **45.73%**

Properties

Glycemic Index:22.75, Glycemic Load:17.34, Inflammation Score:-4, Nutrition Score:12.667825877666%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 435.17kcal (21.76%), Fat: 17.66g (27.17%), Saturated Fat: 6.97g (43.58%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 44.94g (16.34%), Sugar: 3.71g (4.12%), Cholesterol: 64.35mg (21.45%), Sodium: 818.47mg (35.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.83g (35.67%), Selenium: 47.84µg (68.34%), Manganese: 0.6mg (29.92%), Vitamin B3: 4.64mg (23.22%), Vitamin K: 21.43µg (20.41%), Phosphorus: 198.1mg (19.81%), Vitamin B6: 0.36mg (18.15%), Fiber: 3.57g (14.27%), Magnesium: 46.81mg (11.7%), Copper: 0.22mg (10.96%), Potassium: 350.93mg (10.03%), Vitamin B1: 0.13mg (8.35%), Zinc: 1.23mg (8.2%), Vitamin B5: 0.79mg (7.94%), Iron: 1.32mg (7.32%), Folate: 22.51µg (5.63%), Vitamin C: 4.48mg (5.44%), Vitamin A: 270.79IU (5.42%), Vitamin B2: 0.09mg (5.31%), Vitamin E: 0.7mg (4.67%), Calcium: 36.19mg (3.62%), Vitamin B12: 0.13µg (2.09%)