



Chicken Alfredo Salad

READY IN



60 min.

SERVINGS



4

CALORIES



744 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box fettuccine barilla
- 0.5 cup water
- 0.5 cup cream sour
- 0.5 cup milk
- 1.5 tablespoons red wine vinegar
- 2 cups rotisserie chicken cut cubed (from 2- to 2 1/2-lb chicken)
- 1 cup broccoli florets frozen cooked
- 1 cup zucchini chopped
- 0.5 cup bell pepper red chopped

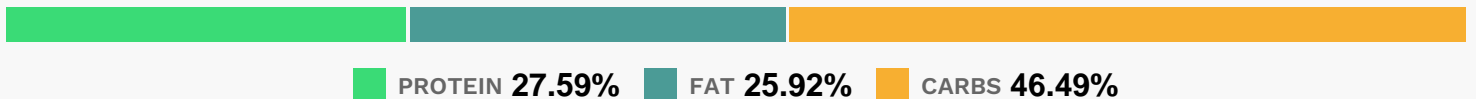
Equipment

- bowl
- sauce pan
- whisk
- microwave
- measuring cup

Directions

- In 4-cup microwavable measuring cup, mix sauce mix (from Chicken Helper box) and water. Microwave uncovered on High about 2 minutes or until sauce is thickened. Stir in sour cream, milk and vinegar with wire whisk until smooth; cover and refrigerate.
- Fill 2-quart saucepan 2/3 full of water.
- Heat to boiling. Stir in uncooked pasta (from Chicken Helper box). Gently boil uncovered about 15 minutes, stirring occasionally, until pasta is tender; drain well.
- In large bowl, stir cooked pasta, chicken, broccoli, zucchini and bell pepper. Spoon sauce over pasta mixture; toss to coat. Cover; refrigerate about 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:34.81, Inflammation Score:-8, Nutrition Score:23.349565174269%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 743.8kcal (37.19%), Fat: 21.45g (33%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 86.57g (28.86%), Net Carbohydrates: 81.56g (29.66%), Sugar: 6.53g (7.25%), Cholesterol: 228.68mg (76.23%), Sodium: 467.27mg (20.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.37g (102.73%), Selenium: 90.94µg (129.92%), Vitamin C: 49.97mg (60.57%), Manganese: 1.09mg (54.62%), Phosphorus: 355.87mg (35.59%), Vitamin K: 26.54µg

(25.27%), Vitamin A: 1085.15IU (21.7%), Magnesium: 84.9mg (21.22%), Vitamin B6: 0.42mg (20.9%), Fiber: 5.01g (20.02%), Copper: 0.38mg (18.78%), Zinc: 2.62mg (17.49%), Vitamin B1: 0.25mg (16.95%), Folate: 64.69µg (16.17%), Potassium: 550.48mg (15.73%), Vitamin B2: 0.26mg (15.48%), Vitamin B5: 1.49mg (14.89%), Vitamin B3: 2.89mg (14.44%), Iron: 2.54mg (14.13%), Calcium: 124.11mg (12.41%), Vitamin B12: 0.55µg (9.19%), Vitamin E: 1.05mg (7%), Vitamin D: 0.67µg (4.49%)