



Chicken Alfredo Salad

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



312 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

1 cup zucchini 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


■ PROTEIN 44.92% ■ FAT 46.99% ■ CARBS 8.09%

Properties

Glycemic Index:29.25, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:8.960869561071%

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: 312.34kcal (15.62%), Fat: 16.5g (25.38%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 5.1g (1.85%), Sugar: 4.41g (4.9%), Cholesterol: 134.37mg (44.79%), Sodium: 443.82mg (19.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.97%), Vitamin C: 49.97mg (60.57%), Vitamin K: 25.98µg (24.74%), Vitamin A: 1015.75IU (20.32%), Vitamin B2: 0.16mg (9.55%), Vitamin B6: 0.18mg (8.79%), Phosphorus: 85.11mg (8.51%), Calcium: 84.76mg (8.48%), Folate: 32.08µg (8.02%), Potassium: 276.45mg (7.9%), Manganese: 0.13mg (6.53%), Fiber: 1.29g (5.17%), Magnesium: 19.7mg (4.92%), Vitamin B5: 0.47mg (4.65%), Vitamin E: 0.63mg (4.23%), Vitamin B1: 0.06mg (4.21%), Vitamin B12: 0.23µg (3.76%), Selenium: 2.33µg (3.33%), Zinc: 0.47mg (3.11%), Vitamin B3: 0.54mg (2.72%), Iron: 0.41mg (2.27%), Vitamin D: 0.34µg (2.24%), Copper: 0.04mg (2.08%)