



Chicken and Bacon Pasta Salad with Maille® Dijon Originale Mustard

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



599 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices bacon sliced chopped thin
- ☐ 2 fillet chicken breast skinless
- ☐ 3 tablespoons dijon originale mustard maille®
- ☐ 1 tablespoon flat parsley finely chopped
- ☐ 8 ounces fusilli or other ridged pasta shape
- ☐ 4 servings olive oil for drizzling
- ☐ 8 onions trimmed sliced

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 tablespoon unrefined sunflower oil

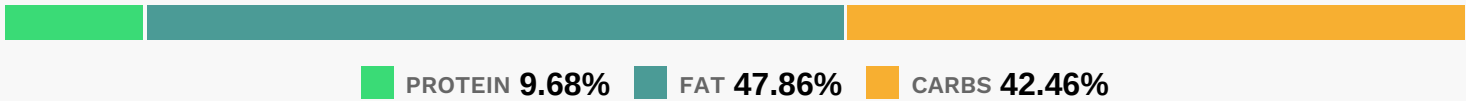
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat griddle to smoking. Rub chicken breasts with oil and season with salt and pepper.
- ☐ Place on griddle and cook on both sides until chicken is cooked through.
- ☐ At the same time, fry bacon pieces in a non-stick pan.
- ☐ Drain on paper towel. Cook pasta in lightly salted boiling water until just al dente.
- ☐ Drain and drizzle with olive oil.
- ☐ Transfer all to a large bowl with sliced onions and mix Maille® Dijon Originale mustard into salad.
- ☐ Season. Toss lightly.
- ☐ Serve in bowls sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:21.62, Inflammation Score:-8, Nutrition Score:16.980000055355%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 44.66mg, Quercetin: 44.66mg, Quercetin: 44.66mg, Quercetin: 44.66mg

Nutrients (% of daily need)

Calories: 598.71kcal (29.94%), Fat: 32.08g (49.35%), Saturated Fat: 6.95g (43.43%), Carbohydrates: 64.03g (21.34%), Net Carbohydrates: 57.93g (21.07%), Sugar: 11.01g (12.23%), Cholesterol: 22.1mg (7.37%), Sodium: 355.85mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.6g (29.21%), Selenium: 47.56µg (67.94%), Manganese: 0.87mg (43.44%), Vitamin K: 26.29µg (25.04%), Vitamin E: 3.75mg (25.01%), Fiber: 6.1g (24.39%), Phosphorus: 232.42mg (23.24%), Vitamin B6: 0.44mg (22.25%), Vitamin C: 17.66mg (21.41%), Vitamin B1: 0.27mg (17.72%), Magnesium: 62.21mg (15.55%), Potassium: 538.71mg (15.39%), Copper: 0.27mg (13.74%), Folate: 54.35µg (13.59%), Vitamin B3: 2.68mg (13.38%), Zinc: 1.65mg (11%), Iron: 1.67mg (9.25%), Vitamin B2: 0.13mg (7.6%), Vitamin B5: 0.74mg (7.44%), Calcium: 73.23mg (7.32%), Vitamin B12: 0.17µg (2.77%), Vitamin A: 109.53IU (2.19%)