



## Chicken and Farfalle Salad with Walnut Pesto

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup basil
- 1 cup cherry tomatoes quartered
- 4 curly kale leaves
- 1.5 tablespoons olive oil extravirgin
- 2 cups farfalle pasta uncooked (bow tie pasta; 6 ounces)
- 0.5 cup parsley fresh
- 1 garlic clove
- 2 tablespoons kalamata olives pitted chopped

- 0.5 teaspoon salt
- 2 cups chicken breast boneless skinless cubed cooked
- 3 tablespoons walnut pieces toasted coarsely chopped
- 1 tablespoon citrus champagne vinegar

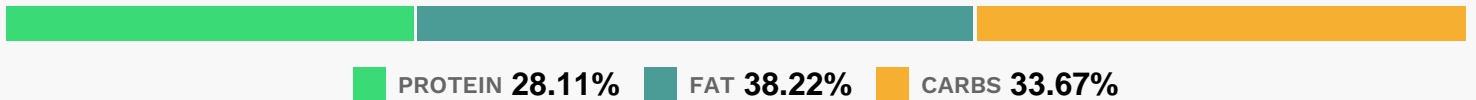
## Equipment

- food processor
- bowl

## Directions

- To prepare salad, cook pasta according to package directions, omitting salt and fat.
- Drain; rinse with cold water.
- Combine pasta, chicken, tomatoes, and olives in a large bowl.
- To prepare walnut pesto, combine basil and next 6 ingredients (through garlic) in a food processor; pulse 6 times or until finely minced.
- Add pesto to pasta mixture, tossing gently to coat.
- Place 1 lettuce leaf on each of 4 plates; top each serving with salad mixture.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:9.3, Inflammation Score:-9, Nutrition Score:22.206086988034%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

## Nutrients (% of daily need)

Calories: 312.85kcal (15.64%), Fat: 13.31g (20.48%), Saturated Fat: 1.8g (11.22%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 23.98g (8.72%), Sugar: 2.15g (2.39%), Cholesterol: 48mg (16%), Sodium: 455.17mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.03g (44.06%), Vitamin K: 170.82µg (162.69%), Selenium: 43.77µg (62.53%), Vitamin A: 2243.96IU (44.88%), Vitamin B3: 8.84mg (44.18%), Manganese: 0.71mg (35.68%), Vitamin B6: 0.71mg (35.68%), Vitamin C: 22.13mg (26.83%), Phosphorus: 264.1mg (26.41%), Potassium: 552.32mg (15.78%), Magnesium: 60.86mg (15.22%), Copper: 0.3mg (15.01%), Vitamin B5: 1.36mg (13.56%), Iron: 2mg (11.11%), Folate: 41.72µg (10.43%), Vitamin E: 1.48mg (9.88%), Fiber: 2.4g (9.61%), Vitamin B1: 0.14mg (9%), Zinc: 1.31mg (8.73%), Vitamin B2: 0.14mg (8.06%), Calcium: 51.58mg (5.16%), Vitamin B12: 0.15µg (2.5%)