



Chicken and Fettuccine Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2.5 cups broccoli florets
- 1 cup carrots diagonally sliced
- 0.8 cup celery diagonally sliced
- 12 cherry tomatoes halved
- 2.5 cups chicken breast cooked chopped
- 6 ounces fettuccine barilla uncooked
- 2.5 tablespoons horseradish prepared

0.3 cup dressing fat-free italian

0.3 cup mayonnaise low-fat

Equipment

bowl

Directions

Cook fettuccine according to package directions, omitting salt and fat.

Drain and rinse under cold water; drain again. Set aside.

Cook broccoli, carrot, and celery in a small amount of boiling water 6 minutes or until crisp-tender.

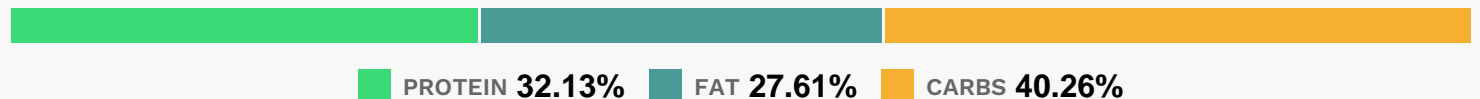
Drain; plunge into ice water, and drain again.

Combine cooked fettuccine and broccoli mixture in a large bowl.

Combine Italian dressing and next 3 ingredients; stir well.

Add to fettuccine mixture; toss gently. Stir in chicken and tomato.

Nutrition Facts



Properties

Glycemic Index:27.73, Glycemic Load:7.42, Inflammation Score:-9, Nutrition Score:16.609999718873%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg, Kaempferol: 2.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 224.26kcal (11.21%), Fat: 6.87g (10.57%), Saturated Fat: 1.35g (8.47%), Carbohydrates: 22.53g (7.51%), Net Carbohydrates: 20.13g (7.32%), Sugar: 4.17g (4.63%), Cholesterol: 56.54mg (18.85%), Sodium: 261.77mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.97%), Vitamin A: 3050.54IU (61.01%), Vitamin K: 45.6µg (43.43%), Selenium: 30.3µg (43.28%), Vitamin C: 33.62mg (40.76%), Vitamin B3: 6.98mg (34.92%), Vitamin B6: 0.42mg (20.88%), Phosphorus: 189.29mg (18.93%), Manganese: 0.33mg (16.69%), Potassium: 409.46mg (11.7%),

Folate: 38.66µg (9.67%), Fiber: 2.41g (9.62%), Magnesium: 38.4mg (9.6%), Vitamin B5: 0.89mg (8.9%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.46%), Vitamin E: 1.11mg (7.42%), Zinc: 1.1mg (7.35%), Vitamin B2: 0.12mg (7.29%), Copper: 0.14mg (6.81%), Calcium: 44.25mg (4.43%), Vitamin B12: 0.21µg (3.51%)