



Chicken-and-Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon celery seeds
- ☐ 1 pound chicken breast cooked chopped
- ☐ 1 cup farfalle pasta cooked uncooked ()
- ☐ 1.5 cups cucumber peeled chopped
- ☐ 0.8 cup yogurt plain fat-free
- ☐ 0.3 cup mayonnaise light
- ☐ 2 teaspoons mustard prepared
- ☐ 0.3 cup onion chopped
- ☐ 1 cup peas green frozen thawed

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

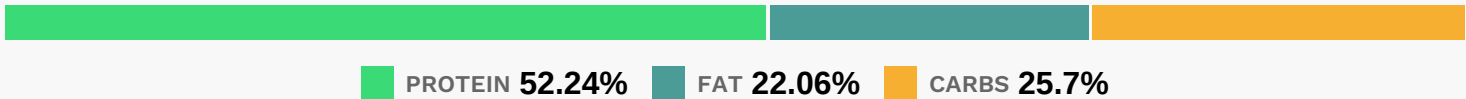
Equipment

- ☐ bowl

Directions

- ☐ Combine the first 9 ingredients in a medium bowl.
- ☐ Add the chopped cooked chicken and the cooked pasta, and toss mixture well. Cover salad and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:3.62, Inflammation Score:-4, Nutrition Score:13.556521757789%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 220.22kcal (11.01%), Fat: 5.25g (8.07%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 11.57g (4.21%), Sugar: 5.01g (5.57%), Cholesterol: 66.36mg (22.12%), Sodium: 274.62mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin B3: 11.02mg (55.08%), Selenium: 27.85µg (39.78%), Vitamin B6: 0.55mg (27.49%), Phosphorus: 270.31mg (27.03%), Vitamin C: 11.7mg (14.18%), Vitamin K: 13.88µg (13.22%), Vitamin B2: 0.21mg (12.1%), Manganese: 0.24mg (11.78%), Potassium: 405.2mg (11.58%), Magnesium: 45.55mg (11.39%), Vitamin B5: 1.07mg (10.73%), Vitamin B1: 0.15mg (10.29%), Zinc: 1.54mg (10.28%), Calcium: 91.21mg (9.12%), Iron: 1.6mg (8.91%), Fiber: 2.18g (8.73%), Folate: 30.47µg (7.62%), Vitamin B12: 0.44µg (7.4%), Copper: 0.13mg (6.74%), Vitamin A: 235.27IU (4.71%), Vitamin E: 0.47mg (3.14%)