



Chicken-Bacon-Ranch Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 slices bacon diced
- 1 cup carrots chopped
- 1 lb pasta
- 6 spring onion sliced
- 1 cup peas sweet frozen (from 12-oz bag)
- 1 cup ranch dressing
- 1 lb chicken breast boneless skinless cut into 1-inch pieces
- 1 large tomatoes diced

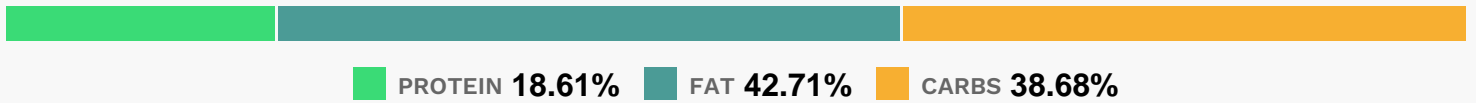
Equipment

- bowl
- frying pan
- paper towels

Directions

- In large skillet, cook bacon until crisp; drain on paper towels. In bacon drippings, cook chicken over medium-high heat about 5 minutes, stirring occasionally, until no longer pink in center.
- Remove from heat; cool.
- Meanwhile, cook pasta as directed on package, adding peas and carrots during last 3 minutes of cooking time.
- Drain; rinse with cold water to cool.
- In large bowl, toss bacon, chicken and onions.
- Add pasta, peas and carrots.
- Add dressing; toss to combine.
- Garnish with tomato.
- Serve immediately or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:18.6, Inflammation Score:-9, Nutrition Score:22.665217363316%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 523.95kcal (26.2%), Fat: 24.58g (37.82%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 50.08g (16.69%), Net Carbohydrates: 46.27g (16.83%), Sugar: 5.51g (6.13%), Cholesterol: 58.61mg (19.54%), Sodium: 499.64mg (21.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Selenium: 59.85µg (85.49%), Vitamin K: 67.4µg (64.19%), Vitamin A: 3127.4IU (62.55%), Vitamin B3: 8.5mg (42.49%), Phosphorus: 347.67mg (34.77%), Manganese: 0.68mg (34.05%), Vitamin B6: 0.65mg (32.46%), Vitamin C: 13.68mg (16.59%), Potassium: 573.17mg (16.38%), Magnesium: 61.14mg (15.28%), Fiber: 3.8g (15.21%), Vitamin B5: 1.5mg (15.03%), Vitamin B1: 0.22mg (14.98%), Copper: 0.25mg (12.71%), Zinc: 1.78mg (11.84%), Vitamin B2: 0.18mg (10.55%), Folate: 37.67µg (9.42%), Iron: 1.64mg (9.09%), Vitamin E: 1.23mg (8.21%), Vitamin B12: 0.27µg (4.57%), Calcium: 42.81mg (4.28%), Vitamin D: 0.17µg (1.16%)