



WHATSheATE



Chicken, Bean, and Blue Cheese Pasta Salad with Sun-Dried Tomato Vinaigrette

READY IN



22 min.

SERVINGS



4

CALORIES



279 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

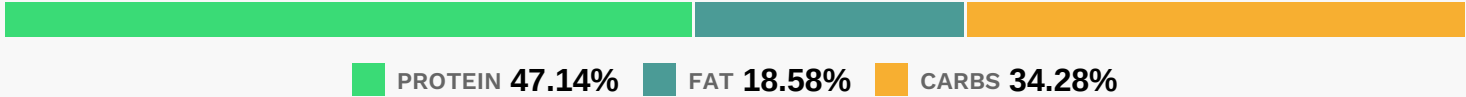
- ☐ 1 ounce cheese blue crumbled
- ☐ 0.8 pound chicken breast strips/pre-cooked/chopped diced cooked
- ☐ 1.5 cups green beans (2-inch) (6 ounces)
- ☐ 1.5 cups rotini pasta uncooked (corkscrew pasta)
- ☐ 0.3 cup sun-dried olives

Equipment

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Add beans during last 5 minutes of cooking.
- ☐ Drain pasta and beans; rinse with cold water until cool.
- ☐ Combine pasta mixture and remaining ingredients; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:8.51, Inflammation Score:-5, Nutrition Score:16.61217382939%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 279.35kcal (13.97%), Fat: 5.7g (8.78%), Saturated Fat: 2.3g (14.35%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 21g (7.64%), Sugar: 4.57g (5.07%), Cholesterol: 77.61mg (25.87%), Sodium: 155.62mg (6.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.11%), Vitamin B3: 13.04mg (65.21%), Selenium: 39.35µg (56.21%), Vitamin B6: 0.63mg (31.75%), Phosphorus: 304.01mg (30.4%), Manganese: 0.44mg (21.87%), Vitamin K: 21.14µg (20.13%), Potassium: 608.89mg (17.4%), Magnesium: 61.87mg (15.47%), Vitamin B5: 1.28mg (12.77%), Vitamin B2: 0.21mg (12.59%), Iron: 2.25mg (12.49%), Copper: 0.24mg (11.78%), Fiber: 2.68g (10.72%), Zinc: 1.59mg (10.61%), Vitamin B1: 0.15mg (10.13%), Vitamin C: 7.73mg (9.37%), Vitamin A: 416.65IU (8.33%), Calcium: 77.73mg (7.77%), Folate: 28.29µg (7.07%), Vitamin B12: 0.38µg (6.26%), Vitamin E: 0.44mg (2.95%)