



Chicken Bow-Tie Pasta Salad

READY IN



25 min.

SERVINGS



25

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olives black sliced
- 2 cups broccoli florets fresh
- 1 cup cherry tomatoes halved
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.5 cup colby & monterey jack cheeses shredded kraft
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft

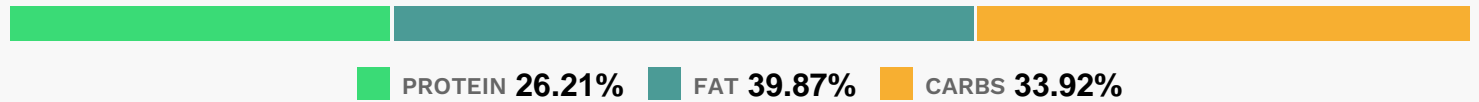
Equipment

- bowl
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.; drain.
- Toss chicken with tomatoes, dressing, shredded cheese and olives in large bowl.
- Add pasta mixture; mix lightly.
- Sprinkle with Parmesan.

Nutrition Facts



Properties

Glycemic Index:2.96, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:3.1113043582958%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 60.43kcal (3.02%), Fat: 2.67g (4.11%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.69g (1.71%), Sugar: 0.93g (1.03%), Cholesterol: 9.16mg (3.05%), Sodium: 109.56mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin K: 10.36µg (9.86%), Vitamin C: 7.87mg (9.54%), Selenium: 5.96µg (8.52%), Vitamin B3: 1.11mg (5.53%), Phosphorus: 50.22mg (5.02%), Vitamin B6: 0.07mg (3.57%), Manganese: 0.07mg (3.47%), Calcium: 34.34mg (3.43%), Vitamin A: 117.82IU (2.36%), Potassium: 73.83mg (2.11%), Zinc: 0.3mg (2.01%), Magnesium: 8mg (2%), Vitamin B2: 0.03mg (1.99%), Vitamin E: 0.28mg (1.87%), Folate: 7.07µg (1.77%), Fiber: 0.43g (1.72%), Iron: 0.27mg (1.5%), Copper: 0.03mg (1.46%), Vitamin B5: 0.14mg (1.45%), Vitamin B1: 0.02mg (1.22%)