

Chicken Bow Tie Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces farfalle pasta uncooked
- 3 tablespoons canola oil
- 2 cups chicken breast strips/pre-cooked/chopped cubed cooked
- 3 tablespoons cilantro leaves fresh minced
- 2 garlic clove minced
- 4 ounces to 2 chilies slit green drained chopped canned
- 1 teaspoon ground cumin
- 3 tablespoons juice of lime

- 0.5 teaspoon hot sauce hot
- 0.3 cup onion red chopped
- 0.5 teaspoon sugar
- 2 large tomatoes chopped

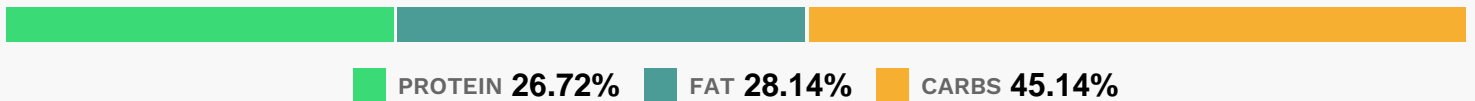
Equipment

- bowl

Directions

- Cook pasta according to package directions; rinse with cold water and drain. Cool completely. For dressing, combine the chilies, lime juice, oil, garlic, cumin, sugar and hot pepper sauce in a small bowl; stir well.
- In a large bowl, combine the pasta, chicken, tomatoes, onion and cilantro.
- Add dressing and toss gently to coat. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:40.68, Glycemic Load:12.48, Inflammation Score:-6, Nutrition Score:12.655652411606%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 304.68kcal (15.23%), Fat: 9.45g (14.55%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 31.33g (11.39%), Sugar: 4.09g (4.55%), Cholesterol: 39.67mg (13.22%), Sodium: 112.91mg (4.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.2g (40.39%), Selenium: 36.98µg (52.83%), Vitamin B3: 7.45mg (37.24%), Manganese: 0.47mg (23.27%), Vitamin B6: 0.41mg (20.52%), Phosphorus: 199.35mg (19.94%), Vitamin C: 14.13mg (17.12%), Vitamin E: 1.76mg (11.71%), Fiber: 2.81g (11.22%), Potassium: 380.79mg (10.88%),

Magnesium: 43.27mg (10.82%), Vitamin A: 537.44IU (10.75%), Vitamin K: 10.7µg (10.2%), Copper: 0.18mg (8.99%),
Iron: 1.41mg (7.83%), Zinc: 1.15mg (7.69%), Vitamin B5: 0.69mg (6.95%), Vitamin B1: 0.1mg (6.63%), Vitamin B2:
0.09mg (5.52%), Folate: 20.42µg (5.1%), Calcium: 29.18mg (2.92%), Vitamin B12: 0.16µg (2.64%)