



Chicken Cashew Salad

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 chicken breast halves boneless cooked cut into bite-sized pieces
- ☐ 0.3 cup brown sugar
- ☐ 1 cup cashew halves
- ☐ 2 cups celery chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons juice of lemon
- ☐ 1 onion chopped
- ☐ 2 cups seashell pasta

- ☐ 1 cup creamy salad dressing
- ☐ 1 pinch salt
- ☐ 1 tablespoon distilled vinegar white

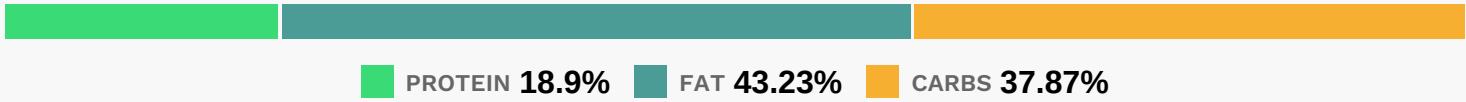
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.
- ☐ In large bowl, combine brown sugar, salad dressing, lemon juice, vinegar and salt. Toss dressing mixture with cooked pasta, celery, green pepper, onion and chicken. Chill until ready to serve.
- ☐ Mix in cashews just before serving.

Nutrition Facts



Properties

Glycemic Index:31.03, Glycemic Load:8.02, Inflammation Score:-6, Nutrition Score:17.323913045551%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 401.71kcal (20.09%), Fat: 19.56g (30.09%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 36.15g (13.14%), Sugar: 16.5g (18.33%), Cholesterol: 36.16mg (12.05%), Sodium:

495.38mg (21.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Selenium: 36.13µg (51.62%), Vitamin K: 40.25µg (38.34%), Vitamin B3: 6.71mg (33.56%), Vitamin B6: 0.65mg (32.28%), Manganese: 0.64mg (32.04%), Phosphorus: 306.31mg (30.63%), Copper: 0.58mg (29.21%), Magnesium: 97.76mg (24.44%), Vitamin C: 13.97mg (16.93%), Potassium: 578.44mg (16.53%), Zinc: 1.97mg (13.17%), Iron: 2.22mg (12.35%), Vitamin B5: 1.21mg (12.09%), Vitamin B1: 0.18mg (11.73%), Fiber: 2.42g (9.66%), Vitamin E: 1.32mg (8.82%), Folate: 28.5µg (7.13%), Vitamin B2: 0.11mg (6.4%), Calcium: 46.87mg (4.69%), Vitamin A: 228.62IU (4.57%), Vitamin B12: 0.11µg (1.88%)