



Chicken Club Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocado pitted peeled chopped
- 12 slices bacon crispy crumbled cooked
- 1 cup celery chopped
- 8 ounces cherry tomatoes halved
- 1 cup bell pepper green chopped
- 0.3 cup mayonnaise
- 1 cup muenster cheese cubed
- 8 ounces soup noodles corkscrew-shaped
- 2 cups rotisserie chicken cut cooked chopped

0.8 cup salad dressing italian-style

Equipment

bowl

whisk

pot

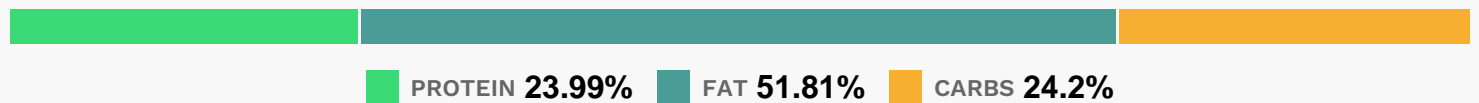
Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 10 to 12 minutes.

Drain and rinse under cold water.

Whisk Italian-style dressing and mayonnaise together in a large bowl. Stir pasta, chicken, bacon, Muenster cheese, celery, green bell pepper, cherry tomatoes, and avocado into dressing until evenly coated.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:11.82, Inflammation Score:-6, Nutrition Score:17.308260762173%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 631.22kcal (31.56%), Fat: 36.5g (56.15%), Saturated Fat: 10.03g (62.7%), Carbohydrates: 38.35g (12.78%), Net Carbohydrates: 33.94g (12.34%), Sugar: 6.44g (7.16%), Cholesterol: 113.55mg (37.85%), Sodium: 1034.67mg (44.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.02g (76.03%), Selenium: 35.92µg (51.32%), Vitamin K: 47.04µg (44.8%), Vitamin C: 32.57mg (39.48%), Phosphorus: 265.04mg (26.5%), Manganese: 0.5mg (24.82%), Vitamin B6: 0.35mg (17.67%), Fiber: 4.41g (17.64%), Vitamin B3: 3.34mg (16.69%), Calcium: 166.69mg

(16.67%), Potassium: 548.01mg (15.66%), Vitamin E: 2.15mg (14.33%), Zinc: 1.91mg (12.72%), Copper: 0.25mg (12.68%), Folate: 50.12µg (12.53%), Vitamin B1: 0.19mg (12.44%), Vitamin A: 614.37IU (12.29%), Magnesium: 49.09mg (12.27%), Vitamin B2: 0.19mg (11.19%), Vitamin B5: 0.97mg (9.74%), Vitamin B12: 0.46µg (7.71%), Iron: 1.38mg (7.64%), Vitamin D: 0.2µg (1.3%)