



Chicken, Corn, and Tomato Pasta Salad

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil leaves thinly sliced
- 0.5 tsp pepper black freshly ground
- 0.8 cup corn kernels fresh sliced (from 2 ears of corn)
- 1.5 cups grape tomatoes halved
- 0.3 cup juice of lemon fresh
- 2 teaspoons lemon zest (from 1 lemon)
- 8 ounces orzo pasta
- 1.5 cups part-skim ricotta cheese
- 1 tsp salt

- 2 cups meat from a rotisserie chicken dark light shredded cooked (and meat)
- 1 cup cup heavy whipping cream light sour

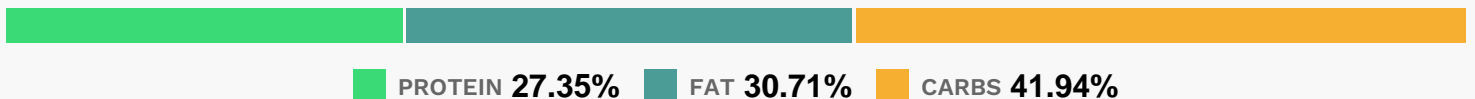
Equipment

- bowl
- whisk
- pot

Directions

- Cook pasta in a large pot of boiling salted water until tender to the bite, 9 to 12 minutes or according to package directions.
- Drain and rinse thoroughly under cold water until completely cool (see Notes).
- In a medium bowl, whisk together ricotta, sour cream, lemon zest and juice, 1 tsp. salt, and 1/2 tsp. pepper.
- In a large bowl, toss together pasta, corn, red onion, chicken, tomatoes, and basil.
- Add ricotta-lemon dressing to pasta mixture and stir to evenly coat pasta. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:3.1430434325467%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 76.32kcal (3.82%), Fat: 2.6g (4%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.55g (2.75%), Sugar: 0.74g (0.82%), Cholesterol: 13.53mg (4.51%), Sodium: 107.8mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Selenium: 9.41µg (13.44%), Phosphorus: 65.81mg (6.58%), Vitamin B3: 0.99mg (4.97%), Calcium: 49.27mg (4.93%), Manganese: 0.1mg (4.79%), Vitamin A: 166.9IU (3.34%), Zinc: 0.49mg (3.25%), Vitamin B2: 0.05mg (3.21%), Vitamin B6: 0.06mg (3.21%), Potassium: 101.38mg (2.9%), Vitamin C: 2.37mg (2.87%), Magnesium: 11.21mg (2.8%), Vitamin K: 2.45µg (2.33%), Copper: 0.04mg (2.07%), Folate: 7.62µg (1.91%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.03mg (1.83%), Iron: 0.33mg (1.83%), Fiber: 0.44g (1.76%), Vitamin B12: 0.1µg (1.59%)