



Chicken Curry Pasta Salad

READY IN



40 min.

SERVINGS



8

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb roasted chicken cubed cooked
- 9 oz farfalle pasta
- 1 cup dole pineapple tidbits
- 2 spring onion chopped
- 0.8 cup coconut or shredded
- 0.5 medium bell pepper red chopped
- 0.5 medium bell pepper yellow chopped
- 0.5 cup cashew pieces
- 0.8 cup grapes green sliced in half

- 8 ounces cream cheese
- 0.5 cup mayonnaise light
- 1 tablespoon dijon mustard
- 1 tablespoon juice of lemon
- 1.5 tablespoons curry powder

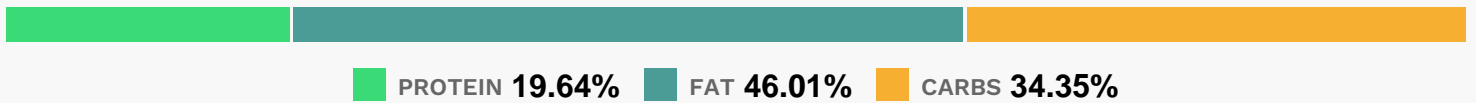
Equipment

- bowl

Directions

- Cook pasta according to package directions.
- Drain and rinse with cold water.
- While pasta is cooking, mix cream cheese, mayonnaise, dijon mustard, lemon juice and curry powder in a medium bowl. Set aside.
- Mix all remaining ingredients in a large bowl.
- Add dressing and stir well.
- Place in refrigerator for at least 10 minutes.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:11.87, Inflammation Score:-7, Nutrition Score:16.643478445385%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 454.32kcal (22.72%), Fat: 23.47g (36.11%), Saturated Fat: 10.23g (63.92%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 36.2g (13.16%), Sugar: 10.26g (11.4%), Cholesterol: 73.4mg (24.47%), Sodium: 274.44mg (11.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.08%), Selenium: 40.28µg (57.54%), Vitamin C: 28.11mg (34.08%), Manganese: 0.64mg (32.02%), Vitamin B3: 5.48mg (27.4%), Phosphorus: 273.69mg (27.37%), Vitamin B6: 0.42mg (20.85%), Copper: 0.41mg (20.7%), Vitamin K: 20.91µg (19.91%), Magnesium: 69.27mg (17.32%), Vitamin A: 728.1IU (14.56%), Zinc: 2.15mg (14.35%), Iron: 2.48mg (13.78%), Fiber: 3.23g (12.94%), Potassium: 448.19mg (12.81%), Vitamin B2: 0.21mg (12.07%), Vitamin B1: 0.17mg (11%), Vitamin B5: 1mg (10.04%), Vitamin E: 1.1mg (7.33%), Folate: 26.93µg (6.73%), Calcium: 62.19mg (6.22%), Vitamin B12: 0.23µg (3.78%)