



Chicken Macaroni Salad



Dairy Free

READY IN



240 min.

SERVINGS



10

CALORIES



694 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 tablespoon basil dried
- ☐ 1 pinch garlic powder
- ☐ 2 cups lettuce shredded
- ☐ 2 cups macaroni
- ☐ 3 cups mayonnaise
- ☐ 15 ounce vegetables mixed drained canned
- ☐ 10 servings salt and pepper to taste
- ☐ 2.5 pounds chicken breast halves boneless skinless

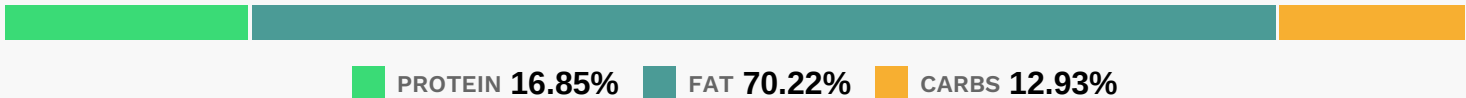
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a medium skillet over medium heat, cook chicken until no longer pink and juices run clear.
- ☐ Let rest until cool enough to handle, then shred with two forks. Set aside 4 cups of shredded meat.
- ☐ In a medium pot with boiling salted water cook elbow macaroni until al dente.
- ☐ Drain and rinse under cold water.
- ☐ Meanwhile, in a large bowl mix together the cooked chicken, drained vegetables, shredded lettuce, and mayonnaise.
- ☐ Add basil, pepper, salt, and garlic powder to taste.
- ☐ Add drained elbow macaroni to chicken mixture. Toss to coat.
- ☐ Refrigerate for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:2.08, Inflammation Score:-9, Nutrition Score:22.805217488952%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 693.64kcal (34.68%), Fat: 53.77g (82.72%), Saturated Fat: 8.61g (53.81%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.69g (7.16%), Sugar: 1.23g (1.37%), Cholesterol: 100.8mg (33.6%), Sodium: 774.82mg (33.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.03g (58.06%), Vitamin K: 114.97µg (109.49%),

Selenium: 51.3µg (73.28%), Vitamin B3: 12.74mg (63.7%), Vitamin B6: 0.93mg (46.65%), Vitamin A: 2310.11IU (46.2%), Phosphorus: 320.22mg (32.02%), Vitamin B5: 1.91mg (19.05%), Manganese: 0.35mg (17.32%), Potassium: 593.09mg (16.95%), Vitamin E: 2.48mg (16.53%), Magnesium: 53.22mg (13.31%), Vitamin B2: 0.18mg (10.57%), Vitamin B1: 0.16mg (10.41%), Fiber: 2.58g (10.34%), Zinc: 1.28mg (8.5%), Iron: 1.39mg (7.72%), Vitamin C: 6.19mg (7.5%), Copper: 0.15mg (7.48%), Folate: 28.5µg (7.12%), Vitamin B12: 0.31µg (5.12%), Calcium: 31.05mg (3.1%), Vitamin D: 0.25µg (1.65%)