



Chicken-Parmesan-Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups potato nuggets uncooked (radiatore)
- 1 cup baby carrots fresh halved
- 1 cup broccoli florets fresh
- 2 cups roasted chicken cooked chopped
- 0.3 cup spring onion sliced
- 0.5 bell pepper red chopped
- 0.5 cucumber chopped
- 1 cup ranch dressing
- 0.3 cup parmesan cheese grated

0.3 teaspoon salt

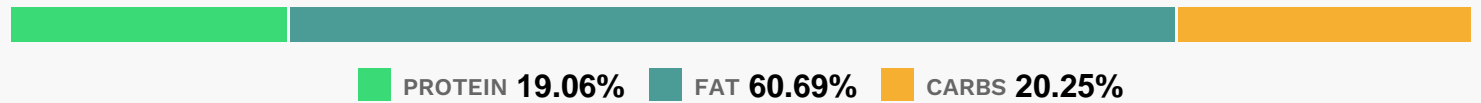
Equipment

bowl

Directions

- Cook pasta to desired doneness as directed on package, adding carrots and broccoli during last minute of cooking time.
- Drain; rinse with cold water to cool.
- Drain well.
- In large serving bowl, combine cooked pasta, carrots and broccoli with chicken, onions, bell pepper and cucumber; mix well.
- Add dressing, cheese and salt; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:20.773478327886%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 523.6kcal (26.18%), Fat: 37.01g (56.94%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 17.41g (6.33%), Sugar: 8.45g (9.39%), Cholesterol: 49.03mg (16.34%), Sodium: 588.42mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.15g (52.3%), Vitamin K: 82.06µg (78.15%), Iron: 12.99mg (72.19%), Vitamin A: 3476.76IU (69.54%), Fiber: 10.38g (41.51%), Vitamin C: 28.36mg (34.38%), Potassium: 926.11mg (26.46%), Phosphorus: 215.77mg (21.58%), Selenium: 14.97µg (21.39%), Vitamin B3: 4.05mg (20.23%), Vitamin B6: 0.3mg (14.99%), Vitamin B5: 1.05mg (10.53%), Vitamin B2: 0.16mg (9.48%), Vitamin E: 1.21mg (8.1%), Calcium: 80.76mg (8.08%), Zinc: 1.14mg (7.6%), Folate: 30.23µg (7.56%), Manganese: 0.13mg (6.43%), Magnesium: 23.6mg (5.9%), Vitamin B1: 0.07mg (4.57%), Copper: 0.09mg (4.38%), Vitamin B12: 0.26µg (4.33%)