



Chicken-Parmesan-Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

0.3 teaspoon salt

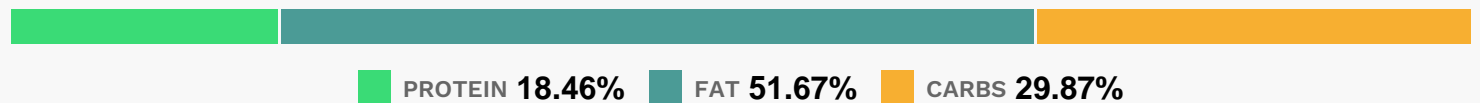
Equipment

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:25.5, Glycemic Load:9.44, Inflammation Score:-9, Nutrition Score:18.907391513171%

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: 398.31kcal (19.92%), Fat: 22.68g (34.88%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 27.02g (9.83%), Sugar: 4.81g (5.35%), Cholesterol: 49.03mg (16.34%), Sodium: 590.22mg (25.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Vitamin K: 82.09µg (78.18%), Vitamin A: 3476.76IU (69.54%), Selenium: 33.93µg (48.47%), Vitamin C: 28.36mg (34.38%), Phosphorus: 272.47mg (27.25%), Vitamin B3: 4.56mg (22.78%), Manganese: 0.4mg (20.19%), Vitamin B6: 0.34mg (17.12%), Vitamin B5: 1.18mg (11.83%), Potassium: 371.96mg (10.63%), Vitamin B2: 0.18mg (10.54%), Zinc: 1.56mg (10.42%), Magnesium: 39.5mg (9.88%), Fiber: 2.46g (9.86%), Folate: 35.63µg (8.91%), Copper: 0.17mg (8.72%), Iron: 1.55mg (8.63%), Vitamin E: 1.25mg (8.32%), Calcium: 81.14mg (8.11%), Vitamin B1: 0.1mg (6.37%), Vitamin B12: 0.26µg (4.33%)