



WHATSheATE



Chicken Parmesan Pasta Salad

READY IN



25 min.

SERVINGS



6

CALORIES



114 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 package ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup milk
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1 cup cucumber coarsely chopped
- ☐ 0.8 cup tomatoes seeded coarsely chopped

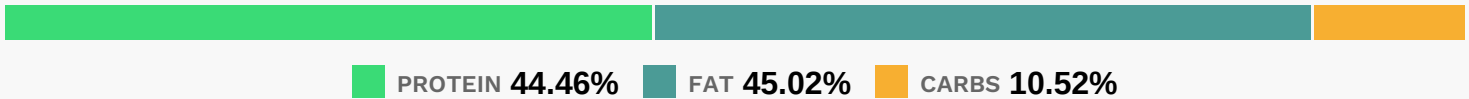
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain contents of uncooked pasta pouch (from salad mix box) as directed on box.
- ☐ Drain pasta; rinse with cold water. Shake well to drain.
- ☐ In large bowl, stir contents of seasoning & crouton blend pouch (from salad mix box), the mayonnaise and milk until well blended. Stir in cooked pasta and remaining ingredients.
- ☐ Serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:5.4821739611418%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 114.12kcal (5.71%), Fat: 5.56g (8.56%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.54g (0.92%), Sugar: 2.35g (2.61%), Cholesterol: 36.22mg (12.07%), Sodium: 139.87mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin B3: 3.82mg (19.1%), Selenium: 11.89µg (16.99%), Vitamin B6: 0.23mg (11.5%), Phosphorus: 110.46mg (11.05%), Vitamin K: 8.58µg (8.17%), Potassium: 205.05mg (5.86%), Vitamin B5: 0.56mg (5.61%), Zinc: 0.83mg (5.51%), Vitamin B2: 0.09mg (5.39%), Vitamin A: 211.52IU (4.23%), Magnesium: 16.22mg (4.05%), Vitamin C: 3.3mg (4%), Iron: 0.69mg (3.85%), Vitamin B1: 0.05mg (3.36%), Vitamin B12: 0.19µg (3.17%), Copper: 0.06mg (2.76%), Calcium: 24.41mg (2.44%), Manganese: 0.05mg (2.44%), Vitamin E: 0.33mg (2.18%), Folate: 8.55µg (2.14%), Fiber: 0.39g (1.54%)