



Chicken Pasta Salad

READY IN



40 min.

SERVINGS



6

CALORIES



634 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 20 ounce meat from a rotisserie chicken chunk drained canned
- 0.5 cup celery diced
- 1 cup corn kernels frozen thawed
- 0.5 cup bell pepper diced green
- 0.5 cup olives green sliced
- 0.5 cup mayonnaise
- 1 cup mushrooms sliced
- 0.3 cup onion minced
- 0.5 pound soup noodles uncooked

- 0.8 cup salad dressing italian-style
- 6 servings salt and pepper to taste
- 1 cup cheddar cheese shredded

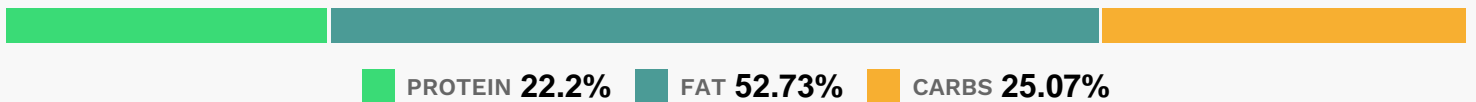
Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and pour pasta into a large dish.
- Stir in the corn, mushrooms, celery, onions, olives, bell pepper and cheese.
- In a separate bowl, whisk together the salad dressing and mayonnaise, then pour this mixture over the salad and toss again, to coat.
- Add flaked chicken and toss gently a final time.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:11.85, Inflammation Score:-6, Nutrition Score:18.129565181939%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 633.81kcal (31.69%), Fat: 36.94g (56.83%), Saturated Fat: 9.21g (57.59%), Carbohydrates: 39.51g (13.17%), Net Carbohydrates: 36.76g (13.37%), Sugar: 6.63g (7.37%), Cholesterol: 73.92mg (24.64%), Sodium: 1424.64mg

(61.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35g (70%), Selenium: 49.44µg (70.63%), Vitamin K: 53.11µg (50.58%), Phosphorus: 343.83mg (34.38%), Zinc: 3.85mg (25.66%), Manganese: 0.43mg (21.53%), Vitamin B3: 3.93mg (19.65%), Vitamin B12: 1.17µg (19.56%), Vitamin B2: 0.3mg (17.84%), Calcium: 173.04mg (17.3%), Vitamin B6: 0.34mg (16.94%), Vitamin E: 2.27mg (15.1%), Vitamin C: 11.63mg (14.09%), Magnesium: 53.8mg (13.45%), Copper: 0.26mg (12.96%), Iron: 2.15mg (11.94%), Potassium: 416.86mg (11.91%), Fiber: 2.75g (10.99%), Vitamin A: 519.06IU (10.38%), Folate: 32.29µg (8.07%), Vitamin B5: 0.65mg (6.53%), Vitamin B1: 0.08mg (5.64%), Vitamin D: 0.28µg (1.85%)