



Chicken-Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



247 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 0.5 cup carrots sliced
- 6 ounces chicken breast cubed cooked
- 2 teaspoons dijon mustard
- 0.5 cup corn kernels fresh (1 ear)
- 0.5 cup green onions sliced
- 0.5 teaspoon ground cumin
- 0.3 teaspoon hot sauce

- 3 tablespoons olive oil
- 2 cups seashell pasta cooked uncooked (1 cup pasta)
- 0.5 cup peas green frozen thawed
- 1 cup bell pepper diced red
- 0.3 cup rice vinegar
- 0.3 teaspoon salt
- 1 cup baby squash shredded yellow (1 medium)

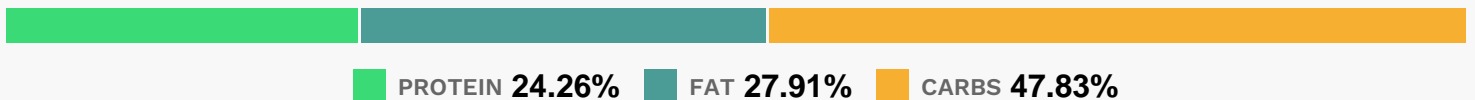
Equipment

- bowl
- whisk

Directions

- Combine the first 9 ingredients in a large bowl.
- Combine rice vinegar and remaining ingredients in a small bowl; stir well with a whisk.
- Pour vinegar mixture over chicken mixture, and toss gently to coat.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:6.34, Inflammation Score:-9, Nutrition Score:16.445652237405%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 246.53kcal (12.33%), Fat: 7.69g (11.84%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 22.98g (8.36%), Sugar: 3.57g (3.97%), Cholesterol: 20.65mg (6.88%), Sodium: 366.07mg (15.92%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 15.05g (30.09%), Vitamin A: 2406.55IU (48.13%), Vitamin C: 38.48mg (46.65%), Selenium: 19.22µg (27.46%), Fiber: 6.68g (26.72%), Vitamin B3: 4.83mg (24.15%), Manganese: 0.45mg (22.74%), Vitamin K: 23.85µg (22.72%), Phosphorus: 193.96mg (19.4%), Folate: 73.1µg (18.28%), Vitamin B6: 0.35mg (17.33%), Potassium: 482.12mg (13.77%), Magnesium: 53.78mg (13.44%), Vitamin B1: 0.19mg (12.93%), Iron: 2.27mg (12.62%), Copper: 0.23mg (11.34%), Vitamin B2: 0.18mg (10.81%), Vitamin E: 1.43mg (9.56%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.63mg (6.32%), Calcium: 46.27mg (4.63%), Vitamin B12: 0.08µg (1.38%)