



## Chicken Pasta Salad

READY IN



140 min.

SERVINGS



4

CALORIES



710 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup cherry tomatoes cut in half
- ☐ 14 ounce chicken broth swanson® canned Regular or Natural
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 3 cups soup noodles corkscrew-shaped cooked
- ☐ 1 teaspoon basil leaves dried
- ☐ 4 servings lettuce leaves
- ☐ 0.5 cup mayonnaise reduced-calorie
- ☐ 0.5 cup mushrooms sliced
- ☐ 0.3 cup parmesan cheese grated

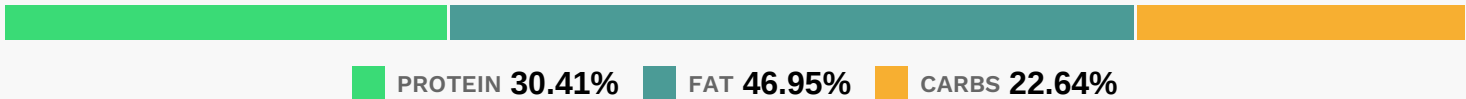
- ☐ 1 cup peas cooked
- ☐ 1 small onion red chopped

## Equipment

## Directions

- ☐ Mix broth, mayonnaise, cheese and dill weed.
- ☐ Toss pasta, tomatoes, peas, mushrooms, onion, chicken and broth mixture until evenly coated.  
Cover and refrigerate at least 2 hours.
- ☐ Serve on lettuce.

## Nutrition Facts



## Properties

Glycemic Index:50.46, Glycemic Load:14.55, Inflammation Score:-9, Nutrition Score:27.873043490493%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

## Nutrients (% of daily need)

Calories: 710.3kcal (35.52%), Fat: 36.46g (56.09%), Saturated Fat: 7.95g (49.71%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 34.7g (12.62%), Sugar: 5.29g (5.88%), Cholesterol: 119.31mg (39.77%), Sodium: 833.33mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.13g (106.26%), Selenium: 63.82µg (91.17%), Vitamin K: 62.46µg (59.48%), Vitamin A: 2515.42IU (50.31%), Vitamin B3: 9.78mg (48.92%), Phosphorus: 458.35mg (45.83%), Vitamin C: 29.6mg (35.88%), Vitamin B6: 0.69mg (34.48%), Zinc: 4.98mg (33.22%), Manganese: 0.63mg (31.41%), Iron: 4.7mg (26.09%), Vitamin B2: 0.39mg (22.67%), Vitamin B12: 1.32µg (21.97%), Fiber: 4.84g (19.34%), Potassium: 669.09mg (19.12%), Magnesium: 75.92mg (18.98%), Copper: 0.33mg (16.57%), Vitamin B1: 0.22mg (14.79%), Folate: 58.99µg (14.75%), Calcium: 120.04mg (12%), Vitamin B5: 1.15mg (11.49%), Vitamin E: 1.68mg (11.21%), Vitamin D: 0.21µg (1.4%)