



## Chicken Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 3 cups broccoli flowerets fresh
- ☐ 3.5 cups shells cooked ( without salt or fat)
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon hot sauce

- ☐ 6 ounces snow pea pods fresh trimmed
- ☐ 5 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sesame seed toasted
- ☐ 12 ounce skinned
- ☐ 3 tablespoons vegetable oil

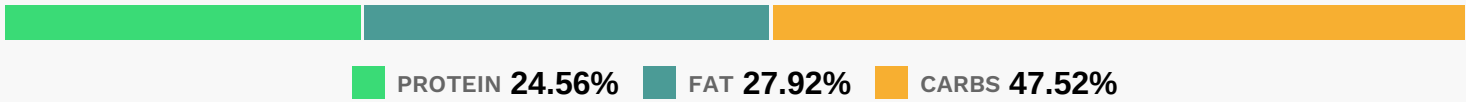
## Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Place chicken in a medium saucepan; add water to cover. Bring to a boil; reduce heat to medium, and cook, uncovered, 15 minutes or until done.
- ☐ Drain; cool chicken slightly.
- ☐ Cut chicken into bite-size pieces.
- ☐ Combine chicken and pasta in a large bowl; add broccoli and next 3 ingredients, tossing gently.
- ☐ Combine vinegar and remaining 7 ingredients in a jar; cover tightly, and shake vigorously.
- ☐ Pour dressing mixture over chicken mixture; toss gently. Cover and chill 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:52.35, Glycemic Load:17.77, Inflammation Score:-9, Nutrition Score:26.245652289494%

## Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 4.22mg, Kaempferol: 4.22mg, Kaempferol: 4.22mg, Kaempferol: 4.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 371.48kcal (18.57%), Fat: 11.55g (17.77%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 39.39g (14.32%), Sugar: 11.07g (12.3%), Cholesterol: 43.54mg (14.51%), Sodium: 356.29mg (15.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.86g (45.72%), Vitamin C: 108.69mg (131.74%), Vitamin K: 89.36µg (85.11%), Selenium: 48.12µg (68.75%), Vitamin B3: 8.4mg (42%), Vitamin B6: 0.82mg (41.2%), Vitamin A: 1703.62IU (34.07%), Manganese: 0.67mg (33.47%), Phosphorus: 267.88mg (26.79%), Fiber: 4.83g (19.32%), Folate: 74.62µg (18.66%), Potassium: 628.37mg (17.95%), Vitamin B5: 1.75mg (17.46%), Iron: 3.01mg (16.71%), Magnesium: 62.4mg (15.6%), Vitamin E: 1.9mg (12.66%), Vitamin B2: 0.21mg (12.51%), Vitamin B1: 0.18mg (11.96%), Copper: 0.22mg (10.76%), Zinc: 1.38mg (9.17%), Calcium: 67.8mg (6.78%), Vitamin B12: 0.14µg (2.27%)