



WHATSheATE



Chicken Pasta Salad I

READY IN



45 min.

SERVINGS



4

CALORIES



632 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon lemon pepper
- ☐ 4 roma tomato diced (plum)
- ☐ 12 ounces rotini pasta
- ☐ 0.3 cup salad dressing italian-style
- ☐ 1.5 pounds chicken breast halves boneless skinless cut into strips

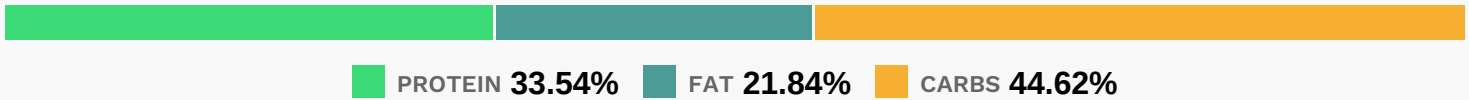
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot

Directions

- ☐ In a large pot with boiling salted water cook pasta until al dente.
- ☐ Drain.
- ☐ Meanwhile, season chicken strips with lemon pepper and garlic powder. Broil in oven for 5 to 7 minutes, or until juices run clear. Cool chicken.
- ☐ Cut into bite size pieces.
- ☐ In a large bowl, mix together the cooked pasta, chicken, quartered tomatoes, and feta cheese.
- ☐ Serve with Italian dressing poured over top of pasta.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:26.48, Inflammation Score:-7, Nutrition Score:29.211739192838%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 631.91kcal (31.6%), Fat: 15.01g (23.1%), Saturated Fat: 5.42g (33.9%), Carbohydrates: 69.01g (23%), Net Carbohydrates: 65.5g (23.82%), Sugar: 5.49g (6.1%), Cholesterol: 134.09mg (44.7%), Sodium: 674.68mg (29.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.88g (103.75%), Selenium: 112.78µg (161.11%), Vitamin B3: 19.86mg (99.29%), Vitamin B6: 1.58mg (78.87%), Phosphorus: 631.54mg (63.15%), Manganese: 0.91mg (45.32%), Vitamin B5: 3.12mg (31.23%), Potassium: 999.77mg (28.56%), Vitamin B2: 0.47mg (27.8%), Magnesium: 102.6mg (25.65%), Zinc: 3.13mg (20.83%), Calcium: 174.94mg (17.49%), Copper: 0.34mg (17.14%), Vitamin B1: 0.26mg (17.06%), Fiber: 3.51g (14.06%), Vitamin A: 693.1IU (13.86%), Vitamin B12: 0.82µg (13.66%), Vitamin K: 14.26µg (13.58%), Vitamin C: 10.6mg (12.84%), Iron: 2.15mg (11.93%), Folate: 40.59µg (10.15%), Vitamin E: 1.13mg (7.51%), Vitamin D: 0.28µg (1.89%)