



## Chicken Pasta Salad II

READY IN



40 min.

SERVINGS



6

CALORIES



535 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 stalk celery chopped
- 1 cup chicken meat canned flaked drained
- 10 ounce corn kernels frozen
- 0.5 cup mushrooms fresh sliced
- 1 bell pepper green chopped
- 0.5 cup olives green sliced
- 0.5 cup mayonnaise
- 0.3 cup onion minced
- 0.5 pound rotini/corkscrew pasta

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

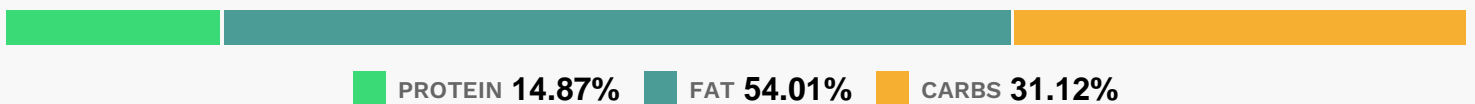
## Equipment

- 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 rinse with cool water.
- Pour into a large dish.
- Combine mushrooms, olives, celery, onion, cheese, corn and green bell pepper with pasta; mix well.
- In a small bowl, whisk together dressing and mayonnaise; pour dressing over salad and toss again to coat.
- Gently mix in flaked chicken; refrigerate for a few hours or serve.

## Nutrition Facts



## Properties

Glycemic Index:36.67, Glycemic Load:11.81, Inflammation Score:-6, Nutrition Score:15.203478268955%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg 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: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 535.01kcal (26.75%), Fat: 32.28g (49.66%), Saturated Fat: 7.91g (49.41%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 38.68g (14.07%), Sugar: 7.52g (8.35%), Cholesterol: 43.76mg (14.59%), Sodium: 1173.09mg (51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20g (39.99%), Selenium: 37.71µg (53.87%), Vitamin K: 51.76µg (49.29%), Phosphorus: 254.86mg (25.49%), Manganese: 0.46mg (22.84%), Vitamin C: 17.69mg (21.44%), Calcium: 165mg (16.5%), Zinc: 2.37mg (15.8%), Vitamin E: 2.11mg (14.08%), Vitamin B2: 0.23mg (13.51%), Fiber: 3.16g (12.65%), Vitamin B3: 2.42mg (12.12%), Vitamin B6: 0.24mg (11.93%), Magnesium: 44.75mg (11.19%), Copper: 0.21mg (10.72%), Potassium: 333.83mg (9.54%), Vitamin B12: 0.57µg (9.45%), Folate: 37.21µg (9.3%), Vitamin A: 440.82IU (8.82%), Iron: 1.4mg (7.78%), Vitamin B5: 0.61mg (6.07%), Vitamin B1: 0.09mg (5.95%), Vitamin D: 0.2µg (1.34%)