



Chicken Pasta Salad with Cashews and Dried Cranberries

 Dairy Free or type unknown

READY IN

ready or type unknown

165 min.

SERVINGS

servings or type unknown

6

CALORIES

calories or type unknown

1205 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups bow tie pasta farfalle
- ☐ 10 ounce water chestnuts drained quartered canned
- ☐ 2 cups cashew halves
- ☐ 2 cups celery thinly sliced
- ☐ 16 ounce bottled coleslaw dressing
- ☐ 4 cups meat from a rotisserie chicken cubed cooked
- ☐ 2 cups cranberries dried

- ☐ 1.5 cups grapes green seedless halved
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.5 cup mayonnaise
- ☐ 1.5 cups grapes red seedless halved
- ☐ 0.5 cup creamy salad dressing such as Miracle

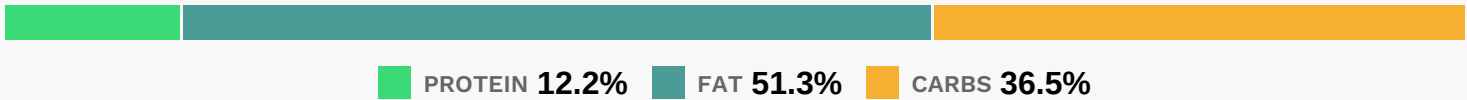
Equipment

- ☐ 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 set aside.
- ☐ In a medium bowl, whisk together coleslaw dressing, mayonnaise, and creamy salad dressing.
- ☐ In a large bowl, combine pasta, chicken, green grapes, red grapes, water chestnuts, celery, and green onions. Stir in dressing, and mix well.
- ☐ Place the salad in the refrigerator to marinate for 2 hours, or overnight.
- ☐ Mix in cashews and dried cranberries just before serving.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:45.53, Glycemic Load:18.22, Inflammation Score:-8, Nutrition Score:33.53391284528%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin:

0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 1205.08kcal (60.25%), Fat: 70.35g (108.23%), Saturated Fat: 12.02g (75.14%), Carbohydrates: 112.6g (37.53%), Net Carbohydrates: 104.8g (38.11%), Sugar: 65.09g (72.32%), Cholesterol: 108.84mg (36.28%), Sodium: 1070.01mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Vitamin K: 147.41µg (140.39%), Selenium: 55.95µg (79.93%), Manganese: 1.38mg (68.82%), Copper: 1.32mg (65.92%), Phosphorus: 573.17mg (57.32%), Vitamin B3: 9.17mg (45.87%), Magnesium: 180.54mg (45.14%), Vitamin B6: 0.85mg (42.57%), Vitamin E: 5.29mg (35.25%), Iron: 5.99mg (33.3%), Zinc: 4.94mg (32.92%), Fiber: 7.8g (31.19%), Potassium: 972.55mg (27.79%), Vitamin B1: 0.38mg (25.02%), Vitamin B2: 0.33mg (19.6%), Vitamin B5: 1.86mg (18.58%), Folate: 47.99µg (12%), Vitamin C: 6.8mg (8.24%), Vitamin A: 389.15IU (7.78%), Calcium: 77.74mg (7.77%), Vitamin B12: 0.36µg (6.02%)