



Chicken Pasta Salad with Creamy Lemon Dressing

READY IN



90 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 oz vanilla-honey greek yogurt fat free
- ☐ 0.5 cup milk
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 teaspoons poppy seeds
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups rotini pasta uncooked
- ☐ 2 cups roasted chicken diced cooked

- ☐ 2 cups baby spinach
- ☐ 1 cup grapes red seedless halved
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.5 cup slivered almonds toasted

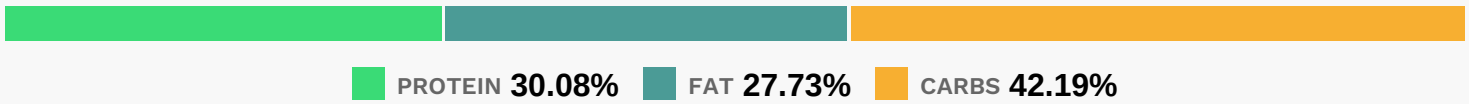
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, mix dressing ingredients using wire whisk until well blended. Cover; refrigerate until ready to use.
- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ In large bowl, mix cooked pasta, chicken, spinach, grapes and celery. Stir dressing; pour over salad and toss gently to coat. Refrigerate at least one hour before serving. Stir in almonds, reserving 2 tablespoons for garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:8.52, Inflammation Score:-7, Nutrition Score:15.051304371461%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 289.7kcal (14.49%), Fat: 9.07g (13.95%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 28.43g (10.34%), Sugar: 13g (14.44%), Cholesterol: 39.33mg (13.11%), Sodium: 464.1mg (20.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.13g (44.25%), Vitamin K: 54.52µg (51.93%), Selenium: 25.18µg (35.97%), Manganese: 0.58mg (29.15%), Vitamin B3: 4.53mg (22.64%), Phosphorus: 212.52mg (21.25%), Vitamin A: 1044.88IU (20.9%), Vitamin E: 2.64mg (17.6%), Magnesium: 61.71mg (15.43%), Vitamin B2: 0.25mg (15%), Vitamin B6: 0.3mg (14.92%), Potassium: 440.25mg (12.58%), Copper: 0.24mg (12.16%), Fiber: 2.6g (10.4%), Zinc: 1.52mg (10.14%), Iron: 1.65mg (9.15%), Calcium: 90.89mg (9.09%), Folate: 35.19µg (8.8%), Vitamin C: 7.22mg (8.75%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.71mg (7.12%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.22µg (1.49%)