



## Chicken Pasta Salad with Grapes and Poppy Seed Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



215 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.5 cup poppy seeds refrigerated
- ☐ 1.5 cups roasted chicken cooked
- ☐ 0.8 cup grapes red halved
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 cup slivered almonds toasted

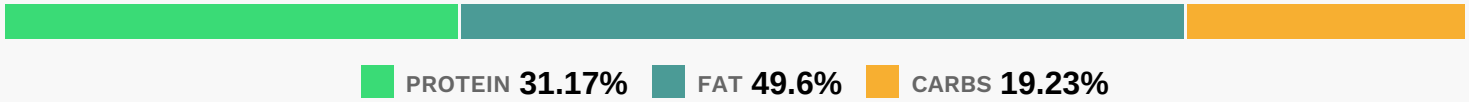
### Equipment

- ☐ bowl
- ☐ sauce pan

## Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ In large bowl, stir together seasoning mix and dressing.
- ☐ Add pasta and remaining ingredients; toss to combine.
- ☐ Serve immediately, or refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:23.25, Glycemic Load:2.41, Inflammation Score:-4, Nutrition Score:13.297826062078%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 214.55kcal (10.73%), Fat: 12.12g (18.64%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 6.82g (2.48%), Sugar: 5.24g (5.82%), Cholesterol: 39.38mg (13.13%), Sodium: 56.96mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Manganese: 1.03mg (51.73%), Phosphorus: 250.71mg (25.07%), Vitamin B3: 4.59mg (22.94%), Selenium: 14.96µg (21.37%), Calcium: 212.18mg (21.22%), Magnesium: 76mg (19%), Copper: 0.34mg (17.16%), Fiber: 3.75g (14.99%), Vitamin B6: 0.29mg (14.45%), Vitamin E: 2.04mg (13.58%), Zinc: 2.03mg (13.55%), Iron: 2.24mg (12.44%), Vitamin B1: 0.18mg (11.69%), Vitamin B2: 0.19mg (11.39%), Potassium: 347.1mg (9.92%), Vitamin K: 7.83µg (7.46%), Vitamin B5: 0.63mg (6.28%), Folate: 21.44µg

(5.36%), Vitamin B12: 0.15µg (2.54%), Vitamin A: 98.89IU (1.98%), Vitamin C: 1.43mg (1.73%)