



Chicken Pasta Salad with Poppy Seed Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz gemelli uncooked (twists)
- 8 oz chicken smoked cubed (from deli)
- 0.8 cup grapes red seedless halved
- 0.5 cup celery thinly sliced
- 0.5 cup poppy seeds refrigerated

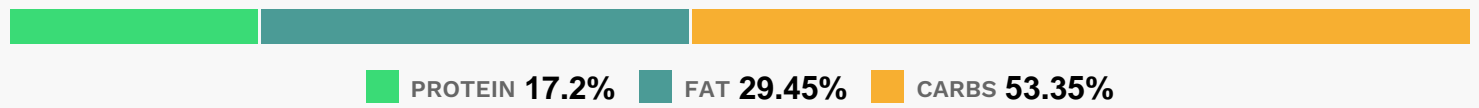
Equipment

- bowl

Directions

- Cook pasta as directed on package.
- Drain; rinse with cold water to cool.
- Drain well.
- In large bowl, gently mix cooled cooked pasta, chicken, grapes and celery.
- Pour dressing over salad; toss to coat well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:15.11, Inflammation Score:-4, Nutrition Score:13.650434846463%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 303.21kcal (15.16%), Fat: 10g (15.39%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 36.51g (13.28%), Sugar: 6.07g (6.74%), Cholesterol: 20.41mg (6.8%), Sodium: 35.52mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.15g (26.29%), Manganese: 1.27mg (63.33%), Selenium: 32.56µg (46.52%), Phosphorus: 237.82mg (23.78%), Calcium: 199.56mg (19.96%), Copper: 0.38mg (18.99%), Magnesium: 74.73mg (18.68%), Fiber: 4.26g (17.02%), Vitamin B3: 2.78mg (13.9%), Zinc: 1.98mg (13.2%), Vitamin B1: 0.18mg (12.24%), Iron: 2.14mg (11.92%), Vitamin B6: 0.22mg (11.01%), Potassium: 323.04mg (9.23%), Vitamin K: 8.28µg (7.89%), Folate: 24.65µg (6.16%), Vitamin B2: 0.1mg (5.75%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.44mg (2.92%), Vitamin A: 113.47IU (2.27%), Vitamin C: 1.86mg (2.25%), Vitamin B12: 0.08µg (1.41%)