



## Chicken Pasta Salad with Roasted Red Pepper Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 8 ounces farfalle pasta uncooked (bow-tie)
- ☐ 6.5 cups broccoli florets frozen
- ☐ 0.7 cup alfredo sauce refrigerated (from 10-ounce container)
- ☐ 7 ounces roasted peppers red drained finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 6 ounces chicken breast strips/pre-cooked/chopped diced refrigerated cooked
- ☐ 11 ounces corn whole with red and green peppers, drained canned

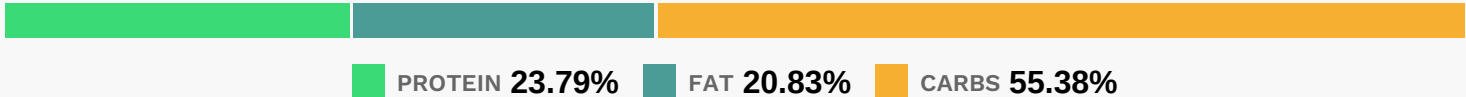
# Equipment

☐ bowl

# Directions

- ☐ Cook pasta as directed on package, adding broccoli for last 3 minutes of cooking. Rinse with cold water; drain.
- ☐ In small bowl, mix Alfredo sauce, bell peppers and salt. In large bowl, mix pasta, broccoli, chicken and corn.
- ☐ Add pepper mixture to pasta mixture; toss until coated.
- ☐ Serve immediately, or refrigerate until serving.

# Nutrition Facts



# Properties

Glycemic Index:12.33, Glycemic Load:12.62, Inflammation Score:-8, Nutrition Score:22.372608695341%

# Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 7.73mg, Kaempferol: 7.73mg, Kaempferol: 7.73mg, Kaempferol: 7.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

# Nutrients (% of daily need)

Calories: 314.54kcal (15.73%), Fat: 7.31g (11.24%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 39.57g (14.39%), Sugar: 3.13g (3.47%), Cholesterol: 42.17mg (14.06%), Sodium: 875.38mg (38.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.78g (37.57%), Vitamin C: 104.2mg (126.3%), Vitamin K: 100.68µg (95.88%), Selenium: 34.28µg (48.97%), Manganese: 0.64mg (32.04%), Vitamin B3: 5.75mg (28.74%), Phosphorus: 229.07mg (22.91%), Vitamin B6: 0.46mg (22.76%), Folate: 90.41µg (22.6%), Fiber: 4.17g (16.68%), Potassium: 576.99mg (16.49%), Vitamin A: 792.11IU (15.84%), Magnesium: 58.32mg (14.58%), Copper: 0.23mg (11.53%), Vitamin B2: 0.19mg (11.06%), Iron: 1.89mg (10.48%), Vitamin B5: 1.01mg (10.14%), Zinc: 1.43mg (9.51%), Vitamin B1: 0.14mg (9.33%), Calcium: 73.18mg (7.32%), Vitamin E: 0.89mg (5.91%), Vitamin B12: 0.1µg (1.61%)