



WHATSheATE



Chicken-Penne Salad with Green Beans



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 2 cups chicken shredded cooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 2 cups green beans (1-inch) ()
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 cups penne pasta (tube-shaped uncooked)

- ☐ 0.5 cup onion red vertically sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 7 ounce roasted peppers red drained cut into thin strips
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon water cold

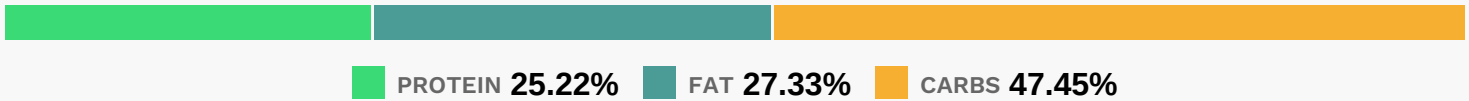
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta in boiling water 7 minutes.
- ☐ Add green beans; cook 4 minutes.
- ☐ Drain and rinse with cold water; drain.
- ☐ Combine pasta mixture, chicken, onion, basil, parsley, and bell pepper in a large bowl, tossing gently to combine.
- ☐ Combine oil and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle over pasta mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:18.46, Inflammation Score:-7, Nutrition Score:19.776521827864%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

Nutrients (% of daily need)

Calories: 424.48kcal (21.22%), Fat: 12.8g (19.69%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 45.7g (16.62%), Sugar: 4.15g (4.62%), Cholesterol: 52.5mg (17.5%), Sodium: 1030.98mg (44.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.14%), Selenium: 53.45µg (76.36%), Manganese: 0.8mg (39.98%), Vitamin C: 31.81mg (38.56%), Vitamin B3: 7.19mg (35.96%), Vitamin K: 35.06µg (33.39%), Vitamin B6: 0.57mg (28.36%), Phosphorus: 279.95mg (28%), Fiber: 4.29g (17.16%), Magnesium: 67.41mg (16.85%), Copper: 0.32mg (16.18%), Iron: 2.73mg (15.18%), Vitamin A: 749.6IU (14.99%), Potassium: 515.28mg (14.72%), Zinc: 2.14mg (14.25%), Vitamin B2: 0.22mg (12.72%), Folate: 44.63µg (11.16%), Vitamin B5: 1.1mg (10.99%), Vitamin B1: 0.16mg (10.84%), Vitamin E: 1.31mg (8.76%), Calcium: 70.71mg (7.07%), Vitamin B12: 0.2µg (3.38%)