



Chicken Pesto Salad



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7.3 oz ranch & bacon pasta salad mix betty suddenly pasta salad®
- ☐ 0.3 cup water cold
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups roasted chicken cooked
- ☐ 2 cups the of 1 cos lettuce shredded
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.8 cup tomatoes chopped
- ☐ 8 oz water chestnuts drained sliced canned

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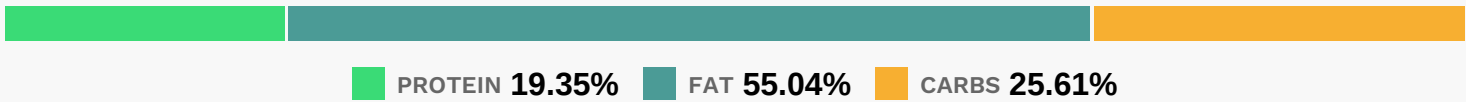
7 oz basil pesto refrigerated

Equipment

Directions

- ☐ Make pasta salad as directed on package, using water and oil. Stir in remaining ingredients.
- ☐ Cover and refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:17.67434775311%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 631.14kcal (31.56%), Fat: 34.37g (52.87%), Saturated Fat: 6.03g (37.69%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 30.1g (10.94%), Sugar: 7.81g (8.68%), Cholesterol: 56.47mg (18.82%), Sodium: 1268.77mg (55.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.37%), Vitamin A: 3733.49IU (74.67%), Vitamin K: 51.43µg (48.98%), Folate: 145.47µg (36.37%), Vitamin B3: 6.09mg (30.45%), Selenium: 17.96µg (25.65%), Fiber: 5.88g (23.54%), Vitamin B6: 0.47mg (23.46%), Iron: 3.68mg (20.44%), Phosphorus: 166.27mg (16.63%), Potassium: 525.62mg (15.02%), Calcium: 124.56mg (12.46%), Zinc: 1.51mg (10.09%), Vitamin E: 1.47mg (9.83%), Vitamin C: 7.65mg (9.27%), Manganese: 0.18mg (8.81%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.87mg (8.66%), Copper: 0.16mg (8.05%), Magnesium: 26.35mg (6.59%), Vitamin B1: 0.08mg (5.46%), Vitamin B12: 0.2µg (3.38%)