



Chicken Poppy Seed Pasta Salad

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



509 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup cider vinegar
- 1 cucumber sliced to taste
- 1 bell pepper green cut into 1/2-inch dice
- 4 green onions chopped
- 1 teaspoon ground mustard dry
- 16 ounce linguine pasta
- 1 tablespoon poppy seeds
- 0.5 onion red cut into 1/4-inch slices

- 1 head romaine lettuce chopped
- 0.7 cup safflower oil
- 2 chicken breast halves boneless skinless
- 0.8 cup sugar white

Equipment

- bowl
- whisk
- pot
- grill
- kitchen thermometer
- grill pan

Directions

- Preheat a grill pan over medium-high heat; lightly oil the grill.
- Fill a large pot with lightly salted water and bring to a rolling boil. Cook the pasta uncovered, stirring occasionally, until cooked through but is still firm to the bite, about 11 minutes.
- Drain well.
- While pasta is cooking, grill the chicken breast halves until the meat is no longer pink in the middle and the juices run clear, 5 to 8 minutes per side. An instant-read thermometer inserted into the thickest part of a chicken breast should read 160 degrees F (70 degrees C). Allow to rest for about 5 minutes, then slice into bite-size pieces; keep warm.
- In a large salad bowl, lightly toss together the grilled chicken, hot cooked linguine, romaine, green pepper, red onion, and cucumber.
- In a separate bowl, whisk together safflower oil, cider vinegar, sugar, poppy seeds, dry mustard powder, and green onions until smooth and evenly blended.
- Pour the dressing over the salad to serve.

Nutrition Facts



Properties

Glycemic Index:40.18, Glycemic Load:40.68, Inflammation Score:-10, Nutrition Score:29.299130470856%

Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 508.77kcal (25.44%), Fat: 8.24g (12.67%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 88.86g (29.62%), Net Carbohydrates: 82.87g (30.13%), Sugar: 30.07g (33.41%), Cholesterol: 24.11mg (8.04%), Sodium: 61.16mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.42%), Vitamin A: 9288.16IU (185.76%), Vitamin K: 129.12µg (122.97%), Selenium: 61.45µg (87.79%), Manganese: 1.09mg (54.44%), Folate: 174.62µg (43.66%), Vitamin C: 24.39mg (29.57%), Phosphorus: 290.24mg (29.02%), Vitamin B3: 5.74mg (28.68%), Vitamin B6: 0.56mg (27.88%), Fiber: 5.99g (23.98%), Potassium: 727.26mg (20.78%), Magnesium: 82.07mg (20.52%), Copper: 0.37mg (18.35%), Iron: 2.67mg (14.81%), Vitamin B1: 0.22mg (14.55%), Vitamin E: 2.12mg (14.13%), Zinc: 1.83mg (12.19%), Vitamin B5: 1.18mg (11.75%), Vitamin B2: 0.19mg (11%), Calcium: 92.68mg (9.27%), Vitamin B12: 0.08µg (1.26%)