



Chicken Ranch Pasta Salad

READY IN



30 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups penne pasta cooled cooked drained
- 3 fillet grilled & grilled breast fully cooked tyson® ready®
- 1 bell pepper green chopped
- 0.3 cup parmesan cheese freshly grated
- 1 bell pepper red chopped
- 0.8 cup salad dressing ranch-style
- 1 medium baby squash yellow chopped
- 1 medium zucchini chopped

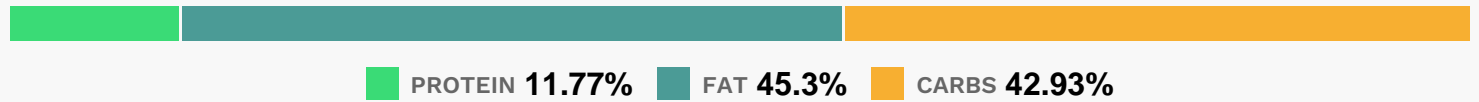
Equipment

bowl

Directions

- Cook chicken according to package directions.
- Cut into cubes.
- Toss chicken, pasta, zucchini, squash and peppers together in large bowl.
- Combine cheese and dressing in small bowl.
- Pour over chicken and pasta mixture. Toss to coat. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:7.01, Inflammation Score:-8, Nutrition Score:14.751738919512%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 228.49kcal (11.42%), Fat: 11.72g (18.03%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 22.06g (8.02%), Sugar: 9.31g (10.35%), Cholesterol: 4.89mg (1.63%), Sodium: 545.63mg (23.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin C: 79.28mg (96.09%), Vitamin K: 32.02µg (30.49%), Vitamin A: 1302.38IU (26.05%), Vitamin B6: 0.4mg (19.96%), Selenium: 13.94µg (19.91%), Manganese: 0.39mg (19.7%), Phosphorus: 127.27mg (12.73%), Potassium: 434.49mg (12.41%), Fiber: 2.92g (11.7%), Folate: 46.07µg (11.52%), Vitamin E: 1.7mg (11.36%), Vitamin B2: 0.18mg (10.55%), Calcium: 103.06mg (10.31%), Magnesium: 36.52mg (9.13%), Iron: 1.3mg (7.22%), Vitamin B1: 0.1mg (6.59%), Copper: 0.13mg (6.44%), Vitamin B3: 1.24mg (6.21%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.08µg (1.29%)