



Chicken Spinach Pasta Salad

READY IN



190 min.

SERVINGS



10

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

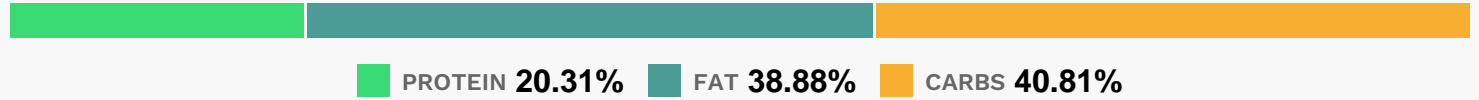
- 2.3 oz olives black drained sliced canned
- 6 oz oscar mayer carving board flame grilled chicken breast strips (2-)
- 2 cups shell macaroni cooked drained
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup classic ranch dressing kraft
- 2 cups pkt spinach dried fresh cleaned
- 2 tomatoes chopped

Equipment

Directions

- Toss all ingredients until well blended; cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:8.6769565596529%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 176.84kcal (8.84%), Fat: 7.59g (11.68%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 16.62g (6.04%), Sugar: 1.83g (2.03%), Cholesterol: 18.45mg (6.15%), Sodium: 244.94mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Vitamin K: 47.18µg (44.93%), Selenium: 18.85µg (26.93%), Vitamin A: 809.39IU (16.19%), Vitamin B3: 2.9mg (14.51%), Manganese: 0.28mg (14.16%), Phosphorus: 116.23mg (11.62%), Vitamin B6: 0.17mg (8.48%), Magnesium: 25.16mg (6.29%), Vitamin C: 5.06mg (6.13%), Vitamin E: 0.84mg (5.59%), Potassium: 194.36mg (5.55%), Fiber: 1.31g (5.24%), Folate: 20.52µg (5.13%), Copper: 0.1mg (5.08%), Iron: 0.75mg (4.17%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.38mg (3.81%), Vitamin B2: 0.06mg (3.67%), Vitamin B1: 0.05mg (3.2%), Calcium: 30.88mg (3.09%), Vitamin B12: 0.09µg (1.53%)