



Chicken Taco Pasta Salad

READY IN



25 min.

SERVINGS



25

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.3 oz olives black drained sliced canned
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 12 oz farfalle pasta (bow-tie pasta)
- 0.3 cup miracle whip dressing light
- 0.8 cup taco bellâ® & chunky salsa thick
- 1.5 lb chicken breasts boneless skinless cooked cut into strips
- 1.3 oz pkt. taco bellâ® taco seasoning mix

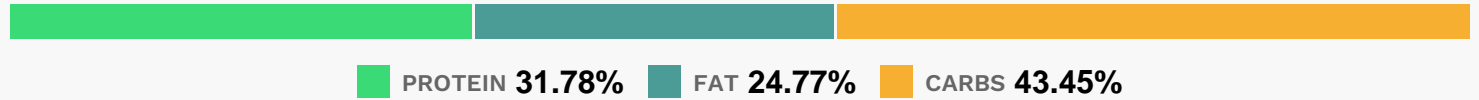
Equipment

bowl

Directions

- Cook pasta as directed on package; drain.
- Mix dressing, seasoning mix and salsa in large bowl.
- Add pasta and remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:1.68, Glycemic Load:4.08, Inflammation Score:-3, Nutrition Score:5.2260869819185%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 113.8kcal (5.69%), Fat: 3.1g (4.77%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 11.25g (4.09%), Sugar: 1.32g (1.46%), Cholesterol: 22.74mg (7.58%), Sodium: 296.4mg (12.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.91%), Selenium: 18.17µg (25.95%), Vitamin B3: 3.17mg (15.84%), Vitamin B6: 0.24mg (12.09%), Phosphorus: 109.77mg (10.98%), Manganese: 0.14mg (6.92%), Vitamin A: 243.43IU (4.87%), Vitamin B5: 0.47mg (4.74%), Potassium: 160.61mg (4.59%), Calcium: 44.1mg (4.41%), Magnesium: 17.11mg (4.28%), Fiber: 0.99g (3.96%), Zinc: 0.53mg (3.52%), Vitamin B2: 0.06mg (3.4%), Copper: 0.06mg (2.85%), Iron: 0.46mg (2.57%), Vitamin B1: 0.03mg (2.25%), Vitamin E: 0.27mg (1.83%), Vitamin B12: 0.1µg (1.64%), Vitamin C: 1.11mg (1.35%), Folate: 4.88µg (1.22%)