



## Chicken-Thyme-Penne Salad

READY IN



265 min.

SERVINGS



12

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 oz penne pasta uncooked
- 4 cups rotisserie chicken cut cubed (from two)
- 2 cups grapes red seedless cut in half
- 1 cup celery stalks sliced
- 0.3 cup onion chopped (1 small)
- 3 tablespoons vegetable oil
- 2 tablespoons thyme leaves dried fresh crushed chopped
- 1.3 cups salad dressing reduced-fat
- 1 tablespoon milk

- 1 tablespoon honey
- 1 tablespoon mustard coarse-grained
- 1 teaspoon salt
- 1 cup walnut pieces toasted chopped

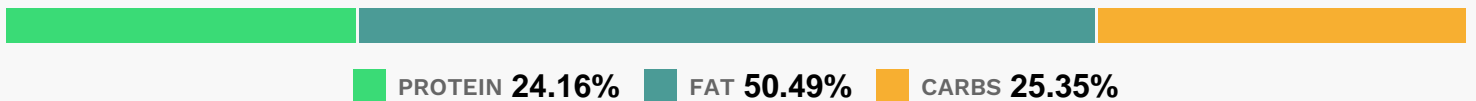
## Equipment

- bowl

## Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- In very large (4-quart) bowl, mix pasta, chicken, grapes, celery and onion. In small bowl, mix oil and 1 tablespoon of the fresh thyme (or 1 teaspoon of the dried thyme).
- Pour oil mixture over chicken mixture; toss to coat.
- In small bowl, mix mayonnaise, milk, honey, mustard, salt and remaining thyme. Cover chicken mixture and mayonnaise mixture separately; refrigerate at least 4 hours but no longer than 24 hours.
- Up to 2 hours before serving, toss chicken mixture and mayonnaise mixture. Cover; refrigerate until serving. Just before serving, stir in 3/4 cup of the walnuts.
- Sprinkle salad with remaining walnuts.

## Nutrition Facts



## Properties

Glycemic Index:27.86, Glycemic Load:10.18, Inflammation Score:-8, Nutrition Score:8.5908696839343%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 438.41kcal (21.92%), Fat: 24.94g (38.37%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 28.19g (9.4%), Net Carbohydrates: 26.1g (9.49%), Sugar: 7.67g (8.52%), Cholesterol: 84.61mg (28.2%), Sodium: 649.12mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.7%), Vitamin K: 51.5µg (49.04%), Manganese: 0.61mg (30.45%), Selenium: 15.95µg (22.79%), Copper: 0.27mg (13.41%), Phosphorus: 105.15mg (10.51%), Magnesium: 33.71mg (8.43%), Fiber: 2.09g (8.37%), Vitamin B6: 0.13mg (6.26%), Potassium: 196.93mg (5.63%), Iron: 0.99mg (5.5%), Vitamin B1: 0.08mg (5.29%), Zinc: 0.71mg (4.73%), Folate: 18.83µg (4.71%), Vitamin C: 3.48mg (4.22%), Vitamin B2: 0.06mg (3.6%), Vitamin A: 161.03IU (3.22%), Vitamin B3: 0.62mg (3.11%), Calcium: 30.2mg (3.02%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.21mg (2.11%)