



## Chicken-Thyme-Penne Salad

READY IN



265 min.

SERVINGS



12

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup celery stalks sliced
- 1 tablespoon honey
- 1.3 cups salad dressing reduced-fat
- 1 tablespoon milk
- 1 tablespoon mustard coarse-grained
- 0.3 cup onion chopped (1 small)
- 10 oz penne pasta uncooked
- 2 cups grapes red seedless cut in half
- 4 cups rotisserie chicken cut cubed (from two)

- 1 teaspoon salt
- 3 tablespoons vegetable oil
- 1 cup walnut pieces toasted chopped

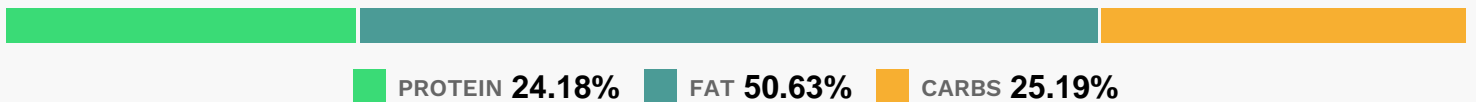
## Equipment

- 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:24.11, Glycemic Load:10.13, Inflammation Score:-2, Nutrition Score:8.2095653369375%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.05mg, 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: 437.23kcal (21.86%), Fat: 24.92g (38.34%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 25.97g (9.44%), Sugar: 7.67g (8.52%), Cholesterol: 84.61mg (28.2%), Sodium: 649.02mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.79g (53.57%), Vitamin K: 51.5µg (49.04%), Manganese: 0.59mg (29.45%), Selenium: 15.95µg (22.79%), Copper: 0.26mg (13.08%), Phosphorus: 103.91mg (10.39%), Magnesium: 31.85mg (7.96%), Fiber: 1.93g (7.71%), Vitamin B6: 0.12mg (6.06%), Potassium: 189.82mg (5.42%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.69mg (4.59%), Folate: 18.31µg (4.58%), Iron: 0.79mg (4.37%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.6mg (3%), Vitamin E: 0.45mg (2.99%), Calcium: 25.47mg (2.55%), Vitamin A: 105.6IU (2.11%), Vitamin B5: 0.21mg (2.06%), Vitamin C: 1.61mg (1.95%)