



Chilled Creamy Poppyseed Pasta and Fruit Salad

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



57 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cantaloupe chunks
- 12 oz oscar mayer carving board flame grilled chicken breast strips
- 4 cups farfalle pasta cooled cooked drained (bow-tie pasta)
- 1 green onion chopped
- 1 Tbsp mint leaves finely chopped
- 2 cups grapes red seedless halved
- 0.8 cup creamy poppyseed dressing kraft

2 cups strawberries fresh sliced

Equipment

Directions

Combine all ingredients.

Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:2.0004347836518%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.43mg, Pelargonidin: 1.43mg, Pelargonidin: 1.43mg, Pelargonidin: 1.43mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 57.45kcal (2.87%), Fat: 1.64g (2.52%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.06g (1.84%), Sugar: 2.51g (2.79%), Cholesterol: 7.32mg (2.44%), Sodium: 37.53mg (1.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Selenium: 4.26µg (6.09%), Vitamin B3: 1mg (5.02%), Vitamin C: 3.66mg (4.43%), Vitamin K: 4µg (3.81%), Fiber: 0.92g (3.7%), Iron: 0.64mg (3.56%), Manganese: 0.06mg (2.95%), Vitamin B6: 0.05mg (2.66%), Phosphorus: 24.57mg (2.46%), Calcium: 15.61mg (1.56%), Potassium: 43.55mg (1.24%), Magnesium: 4.81mg (1.2%), Copper: 0.02mg (1.15%), Vitamin E: 0.17mg (1.12%), Vitamin B2: 0.02mg (1.01%)