



Chipotle Ranch Chicken and Pasta Salad

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box ranch seasoning betty suddenly salad®
- 0.5 cup corn frozen
- 3 tablespoons milk
- 0.3 cup mayonnaise
- 2 cups roasted chicken cubed cooked
- 0.5 cup tomatoes coarsely chopped
- 0.3 cup spring onion sliced
- 1 serving lime wedges

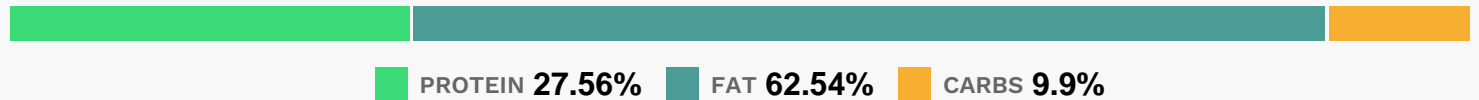
Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 15 minutes, stirring occasionally and adding corn during last 3 minutes of cooking.
- Drain pasta with corn; rinse with cold water. Shake to drain well.
- Meanwhile, in large bowl, stir together seasoning mix and milk until blended. Stir in mayonnaise. Stir in pasta with corn, chicken, tomato and onions. Refrigerate at least 1 hour.
- Serve with lime wedges. Cover; refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:9.9565217132154%

Flavonoids

Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 276.92kcal (13.85%), Fat: 19.17g (29.5%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 5.86g (2.13%), Sugar: 1.29g (1.43%), Cholesterol: 61.69mg (20.56%), Sodium: 197.03mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Vitamin K: 44.87µg (42.73%), Vitamin B3: 6.02mg (30.1%), Selenium: 18.07µg (25.81%), Vitamin B6: 0.35mg (17.55%), Phosphorus: 174.45mg (17.45%), Zinc: 1.34mg (8.93%), Vitamin B2: 0.15mg (8.75%), Potassium: 303.19mg (8.66%), Vitamin B5: 0.84mg (8.37%), Magnesium: 26.15mg (6.54%), Iron: 1.17mg (6.5%), Vitamin C: 5.28mg (6.41%), Vitamin A: 277.47IU (5.55%), Vitamin B1: 0.08mg (5.55%), Vitamin E: 0.75mg (5.02%), Folate: 19.5µg (4.87%), Vitamin B12: 0.29µg (4.77%), Fiber: 0.97g (3.88%), Manganese: 0.08mg (3.87%), Copper: 0.07mg (3.52%), Calcium: 31mg (3.1%), Vitamin D: 0.16µg (1.07%)