



Confetti Pasta Salad with Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



552 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon cider vinegar
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 large garlic clove sliced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green finely chopped

- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 12 ounce skinned
- ☐ 2 teaspoons spicy brown mustard
- ☐ 4 cups tubetti tube-shaped cooked uncooked (very short pasta) ()
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Combine the first 4 ingredients in a saucepan; bring to a simmer. Cover and simmer for 15 minutes or until the chicken is done.
- ☐ Remove the chicken pieces from broth; cool and coarsely chop. Bring broth to a boil over high heat; cook until reduced to 1/4 cup (about 5 minutes). Cool.
- ☐ Spoon yogurt onto several layers of heavy-duty paper towels, and spread to 1/2-inch thickness. Cover with additional paper towels, and let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Combine the reduced broth, yogurt, mayonnaise, and next 7 ingredients (mayonnaise through black pepper) in a large bowl. Stir in the chicken, pasta, and the remaining ingredients. Cover and chill thoroughly.

Nutrition Facts



 **PROTEIN 20.35%**  **FAT 8.88%**  **CARBS 70.77%**

Properties

Glycemic Index:38.98, Glycemic Load:0.53, Inflammation Score:-9, Nutrition Score:23.857825850663%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg, Apigenin: 4.22mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 551.77kcal (27.59%), Fat: 5.31g (8.16%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 95.2g (31.73%), Net Carbohydrates: 90.52g (32.92%), Sugar: 7.96g (8.85%), Cholesterol: 31.09mg (10.36%), Sodium: 391.93mg (17.04%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 27.37g (54.74%), Selenium: 90.64µg (129.48%), Manganese: 1.18mg (58.87%), Phosphorus: 394.23mg (39.42%), Vitamin K: 39.79µg (37.9%), Vitamin A: 1893.56IU (37.87%), Vitamin B3: 6.79mg (33.94%), Vitamin C: 25.39mg (30.77%), Vitamin B6: 0.59mg (29.45%), Magnesium: 88.83mg (22.21%), Copper: 0.38mg (19.24%), Fiber: 4.68g (18.72%), Potassium: 637.62mg (18.22%), Zinc: 2.44mg (16.3%), Vitamin B5: 1.49mg (14.93%), Vitamin B2: 0.24mg (13.9%), Calcium: 126.27mg (12.63%), Vitamin B1: 0.18mg (11.89%), Iron: 2.08mg (11.55%), Folate: 41.65µg (10.41%), Vitamin B12: 0.34µg (5.7%), Vitamin E: 0.68mg (4.53%)