



 **16%**
HEALTH SCORE

Cool Chicken 'n' Pasta Salad

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



541 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups cherry tomatoes cut in half
- 10 ounce chicken breast chunk drained swanson® canned
- 3 cups elbow macaroni corkscrew-shaped cooked
- 3 cups elbow macaroni corkscrew-shaped cooked
- 1 small cucumber sliced cut in half lengthwise and
- 3 tablespoons parsley fresh chopped
- 0.8 cup salad dressing fat-free italian prepared
- 1 small onion chopped

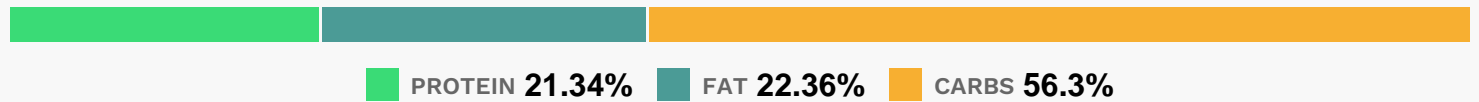
Equipment

bowl

Directions

In large bowl toss macaroni, chicken, cucumber, tomatoes, onion, parsley and dressing until evenly coated. Refrigerate at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:30.79, Inflammation Score:-7, Nutrition Score:22.470434975365%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 541.22kcal (27.06%), Fat: 13.25g (20.39%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 75.06g (25.02%), Net Carbohydrates: 70.21g (25.53%), Sugar: 8.64g (9.6%), Cholesterol: 45.36mg (15.12%), Sodium: 531.17mg (23.09%), Alcohol: 0g (100%), Protein: 28.45g (56.91%), Selenium: 79.41µg (113.44%), Vitamin K: 78.5µg (74.76%), Vitamin B3: 8.66mg (43.31%), Manganese: 0.82mg (40.77%), Vitamin B6: 0.75mg (37.5%), Phosphorus: 308mg (30.8%), Vitamin C: 20.32mg (24.62%), Fiber: 4.84g (19.38%), Magnesium: 71.45mg (17.86%), Potassium: 609.34mg (17.41%), Copper: 0.32mg (15.94%), Vitamin B5: 1.45mg (14.46%), Vitamin A: 591.86IU (11.84%), Iron: 2.12mg (11.76%), Zinc: 1.72mg (11.47%), Vitamin E: 1.58mg (10.51%), Folate: 38.21µg (9.55%), Vitamin B1: 0.14mg (9.28%), Vitamin B2: 0.14mg (8.39%), Calcium: 43.81mg (4.38%), Vitamin B12: 0.14µg (2.36%)