



Creamy Chicken and Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons apple cider vinegar
- 2 stalks celery chopped
- 1 kirby cucumber peeled halved lengthwise seeded chopped
- 1 teaspoon dijon mustard
- 1 tablespoon chives fresh chopped
- 0.3 cup optional: dill fresh chopped
- 1.3 cups percent greek yogurt 2%
- 8 cups mesclun greens
- 4 servings kosher salt

- 0.5 cup mayonnaise
- 4 servings pepper freshly ground
- 1 rotisserie chicken cut
- 8 ounces tubetti tube-shaped

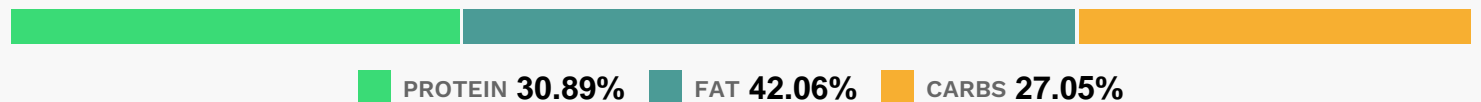
Equipment

- bowl
- whisk
- pot

Directions

- Bring a pot of salted water to a boil.
- Add the pasta and cook as the label directs.
- Drain and rinse under cold water to stop the cooking.
- Meanwhile, whisk the yogurt, mayonnaise, 1/4 cup water, the vinegar, mustard, dill, chives and 2 teaspoons salt in a medium bowl.
- Remove the skin from the chicken and shred the meat into large pieces.
- Add the chicken, celery and cucumber to the dressing and gently stir to combine.
- Shake the excess water from the pasta and add it to the chicken salad. Season with pepper and toss.
- Serve over the greens.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:18.266956334529%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin:

1.75mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 742.93kcal (37.15%), Fat: 34.59g (53.22%), Saturated Fat: 6.79g (42.44%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 47.21g (17.17%), Sugar: 5.09g (5.65%), Cholesterol: 158.88mg (52.96%), Sodium: 972.6mg (42.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.15g (114.31%), Selenium: 43.58µg (62.26%), Vitamin K: 58.74µg (55.94%), Manganese: 0.8mg (39.87%), Vitamin C: 25.35mg (30.73%), Vitamin A: 1409.67IU (28.19%), Phosphorus: 254.52mg (25.45%), Vitamin B2: 0.3mg (17.56%), Folate: 70.05µg (17.51%), Potassium: 547.96mg (15.66%), Magnesium: 60.58mg (15.14%), Copper: 0.29mg (14.48%), Vitamin B6: 0.25mg (12.46%), Calcium: 122.78mg (12.28%), Fiber: 2.84g (11.36%), Iron: 1.86mg (10.31%), Zinc: 1.54mg (10.3%), Vitamin B3: 1.7mg (8.51%), Vitamin B5: 0.85mg (8.48%), Vitamin B1: 0.12mg (8.29%), Vitamin B12: 0.47µg (7.85%), Vitamin E: 1.07mg (7.14%)