



Creamy Chicken-Pasta Caesar Salad

READY IN



17 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoons milk
- ☐ 1 package ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 1 cup snow peas chinese ()
- ☐ 4 servings tomatoes
- ☐ 4.5 oz chicken broth chunk drained canned

Equipment

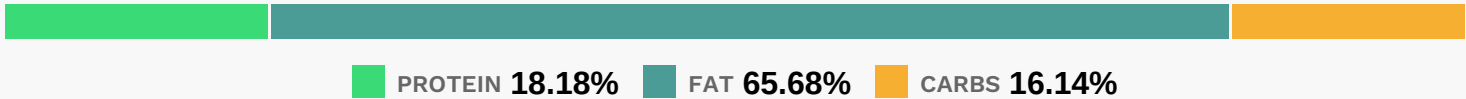
- ☐ bowl

☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil about 12 minutes, stirring occasionally.
- ☐ Drain pasta; rinse with cold water. Shake to drain.
- ☐ Stir together Seasoning mix, croutons, mayonnaise and milk in large bowl. Stir in pasta-vegetable mixture. Stir in chicken and pea pods.
- ☐ Spread salad onto serving platter.
- ☐ Place tomato wedges around salad. Refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:12.827826150086%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 230.24kcal (11.51%), Fat: 17g (26.15%), Saturated Fat: 2.98g (18.66%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.59g (2.4%), Sugar: 5.89g (6.55%), Cholesterol: 23.94mg (7.98%), Sodium: 286.32mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin K: 51.51µg (49.06%), Vitamin C: 39.37mg (47.72%), Vitamin A: 1838.25IU (36.76%), Potassium: 530.63mg (15.16%), Manganese: 0.27mg (13.32%), Vitamin B6: 0.25mg (12.3%), Vitamin E: 1.78mg (11.88%), Fiber: 2.81g (11.23%), Phosphorus: 110.16mg (11.02%), Vitamin B3: 1.98mg (9.91%), Folate: 39.34µg (9.84%), Selenium: 6.49µg (9.28%), Iron: 1.46mg (8.09%), Magnesium: 32.08mg (8.02%), Zinc: 1.2mg (8.02%), Copper: 0.15mg (7.25%), Vitamin B1: 0.11mg (7.06%), Vitamin B12: 0.35µg (5.8%), Vitamin B2: 0.09mg (5.35%), Vitamin B5: 0.38mg (3.81%), Calcium: 36.13mg (3.61%)