



WHATSheATE



## Curry Chicken Pasta Salad

READY IN



215 min.

SERVINGS



6

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 5 chicken breast halves
- ☐ 1 teaspoon curry powder to taste
- ☐ 1 cup yogurt plain fat-free
- ☐ 2 green onions sliced
- ☐ 1 cup mayonnaise reduced-calorie
- ☐ 8 ounce shells
- ☐ 10 ounce peas frozen thawed
- ☐ 4 radishes sliced

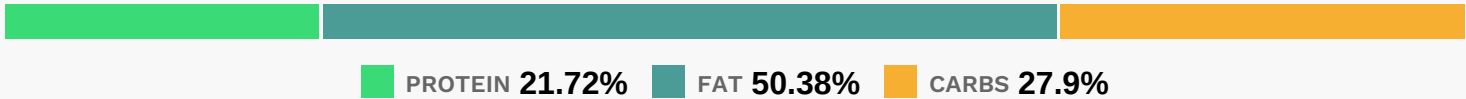
# Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap
- ☐ kitchen thermometer

# Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook chicken breasts in the boiling water until no longer pink in the center and the juices run clear, 12 to 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Rinse chicken in cold water to cool, cut into small chunks, and refrigerate to cool completely.
- ☐ Bring a large pot of lightly salted water to a boil. Cook shell pasta in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain. Rinse pasta with cold water until cool; drain.
- ☐ Stir mayonnaise, yogurt, and curry powder together in a large bowl.
- ☐ Add cold chicken, cold pasta, peas, radish slices, and green onion slices; stir to combine.
- ☐ Cover bowl with plastic wrap and refrigerate at least 3 hours before serving.

# Nutrition Facts



# Properties

Glycemic Index:34.22, Glycemic Load:13.36, Inflammation Score:-6, Nutrition Score:23.963913041612%

# Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

# Nutrients (% of daily need)

Calories: 565.38kcal (28.27%), Fat: 31.25g (48.08%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 38.96g (12.99%), Net Carbohydrates: 34.8g (12.65%), Sugar: 7.19g (7.99%), Cholesterol: 76.76mg (25.59%), Sodium: 384.23mg (16.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.31g (60.63%), Selenium: 57.3µg (81.86%), Vitamin K:

81.53µg (77.64%), Vitamin B3: 11.54mg (57.71%), Vitamin B6: 0.87mg (43.58%), Phosphorus: 395.34mg (39.53%), Manganese: 0.58mg (29.08%), Vitamin C: 21.58mg (26.16%), Potassium: 681.99mg (19.49%), Vitamin B5: 1.89mg (18.87%), Magnesium: 70.15mg (17.54%), Vitamin B2: 0.29mg (16.88%), Fiber: 4.16g (16.64%), Vitamin B1: 0.25mg (16.44%), Zinc: 2.15mg (14.36%), Folate: 51.79µg (12.95%), Copper: 0.24mg (11.92%), Calcium: 113.84mg (11.38%), Vitamin E: 1.6mg (10.68%), Iron: 1.82mg (10.09%), Vitamin A: 460.18IU (9.2%), Vitamin B12: 0.48µg (8.04%), Vitamin D: 0.17µg (1.13%)