



Dijon Chicken and Pasta Salad

 Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup roasted chicken cubed cooked
- 2 tablespoons dijon mustard
- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 2 tablespoons vegetable oil
- 3 tablespoons water cold

Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered about 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well.
- Stir together Seasoning mix, oil, water and mustard in large bowl. Stir in pasta-vegetable mixture. Stir in chicken. Toss with Parmesan Topping. Refrigerate any remaining salad.

Nutrition Facts

PROTEIN 29.65% **FAT 68.75%** **CARBS 1.6%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.9486956690317%

Nutrients (% of daily need)

Calories: 124kcal (6.2%), Fat: 9.38g (14.43%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.12g (0.13%), Cholesterol: 26.25mg (8.75%), Sodium: 112.92mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.2%), Selenium: 11.16µg (15.94%), Vitamin B3: 2.8mg (14%), Vitamin K: 12.62µg (12.02%), Phosphorus: 75.3mg (7.53%), Vitamin B6: 0.15mg (7.43%), Vitamin E: 0.58mg (3.88%), Zinc: 0.58mg (3.87%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.06mg (3.32%), Iron: 0.55mg (3.06%), Magnesium: 11.06mg (2.77%), Potassium: 92.03mg (2.63%), Vitamin B1: 0.04mg (2.39%), Manganese: 0.04mg (1.86%), Vitamin B12: 0.1µg (1.69%), Copper: 0.03mg (1.37%), Fiber: 0.33g (1.33%)