



Dill Lemon Chicken Pasta Salad

READY IN



25 min.

SERVINGS



50

CALORIES



754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups buttermilk
- ☐ 3 stalks celery chopped
- ☐ 2 teaspoons dill weed dried
- ☐ 1 cup juice of lemon
- ☐ 12 cups mayonnaise
- ☐ 5 pounds lemon penne pasta
- ☐ 20 pounds chicken breast halves boneless skinless cooked cut into bite-sized pieces

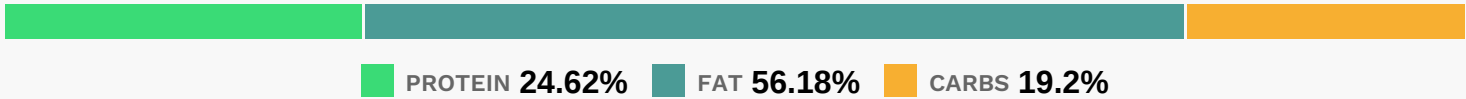
Equipment

☐ bowl

Directions

- ☐ In a large bowl combine the chicken, celery and pasta and toss together. In a separate large bowl, combine the mayonnaise, lemon juice and dill weed and mix well, then stir in buttermilk.
- ☐ Add lemon dill mixture to chicken mixture and toss to coat. Cover bowl, chill for 20 minutes, and serve.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:14.07, Inflammation Score:-5, Nutrition Score:26.346521615982%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 754.1kcal (37.71%), Fat: 46.25g (71.15%), Saturated Fat: 7.81g (48.83%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 34.03g (12.38%), Sugar: 2.61g (2.9%), Cholesterol: 140.81mg (46.94%), Sodium: 576.78mg (25.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.61g (91.22%), Selenium: 88.69µg (126.7%), Vitamin B3: 19.73mg (98.63%), Vitamin K: 88.8µg (84.57%), Vitamin B6: 1.44mg (71.96%), Phosphorus: 495.54mg (49.55%), Vitamin B5: 2.96mg (29.59%), Potassium: 821.73mg (23.48%), Manganese: 0.45mg (22.62%), Magnesium: 74.41mg (18.6%), Vitamin B2: 0.25mg (14.95%), Vitamin E: 2.19mg (14.57%), Zinc: 1.85mg (12.35%), Vitamin B1: 0.17mg (11.55%), Copper: 0.2mg (9.85%), Vitamin B12: 0.52µg (8.6%), Iron: 1.41mg (7.82%), Fiber: 1.51g (6.04%), Folate: 20.91µg (5.23%), Vitamin C: 4.16mg (5.04%), Calcium: 46.94mg (4.69%), Vitamin D: 0.54µg (3.59%), Vitamin A: 134.46IU (2.69%)