



## Farfalle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



246 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound asparagus fresh
- 6 ounce chicken breast strips italian-style (such as Louis Rich Carving Board)
- 8 ounces farfalle pasta uncooked (bow tie pasta)
- 0.5 teaspoon pepper freshly ground
- 2.8 ounce pesto (such as Pesto Sanremo)
- 0.3 teaspoon salt
- 1 cup tomato halves dried packed
- 7 servings water boiling

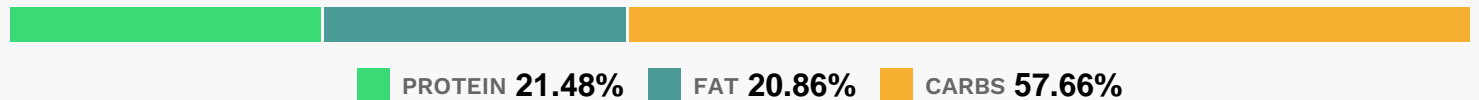
## Equipment

- bowl
- measuring cup
- peeler

## Directions

- Cut dried tomato halves into strips; place in a liquid measuring cup. Cover with boiling water; let stand 15 minutes or until soft.
- Drain, reserving 1/4 cup liquid; set aside.
- Snap off tough ends of asparagus spears; remove scales with a vegetable peeler, if desired.
- Cut asparagus into 2- inch pieces; set aside.
- Cook pasta in boiling water 10 minutes, omitting salt and fat.
- Add asparagus to boiling pasta; boil 2 minutes or until pasta and asparagus are tender.
- Drain and rinse under cold water until cool; drain again.
- Combine pasta, dried tomato strips, reserved tomato liquid, asparagus, pesto, and remaining 3 ingredients in a large bowl; toss well. Chill.

## Nutrition Facts



## Properties

Glycemic Index:19.43, Glycemic Load:12.16, Inflammation Score:-7, Nutrition Score:16.406521764786%

## Flavonoids

Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg, Isorhamnetin: 3.69mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

## Nutrients (% of daily need)

Calories: 245.65kcal (12.28%), Fat: 5.86g (9.02%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 31.93g (11.61%), Sugar: 8.36g (9.28%), Cholesterol: 16.46mg (5.49%), Sodium: 249.18mg (10.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.58g (27.17%), Selenium: 30.61µg (43.73%),

Manganese: 0.71mg (35.58%), Vitamin K: 34.03µg (32.41%), Vitamin B3: 5.14mg (25.71%), Copper: 0.49mg (24.28%), Potassium: 833.97mg (23.83%), Phosphorus: 202.13mg (20.21%), Iron: 3.41mg (18.93%), Fiber: 4.55g (18.19%), Vitamin A: 863.9IU (17.28%), Vitamin B6: 0.34mg (16.98%), Magnesium: 65.66mg (16.41%), Vitamin B1: 0.22mg (14.7%), Folate: 51.21µg (12.8%), Vitamin B2: 0.21mg (12.48%), Vitamin C: 10.08mg (12.22%), Vitamin B5: 0.99mg (9.93%), Zinc: 1.29mg (8.57%), Calcium: 66.9mg (6.69%), Vitamin E: 0.82mg (5.45%)