



Fiesta Chicken Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup cream sour
- 3 tablespoons water
- 0.5 teaspoon chili powder
- 1 cup cherry tomatoes
- 0.5 cup bell pepper green
- 2 spring onion chopped
- 1 cup roasted chicken cubed cooked
- 1 serving tortilla chips

- 2 ounces cheddar cheese shredded
- 1 serving salsa

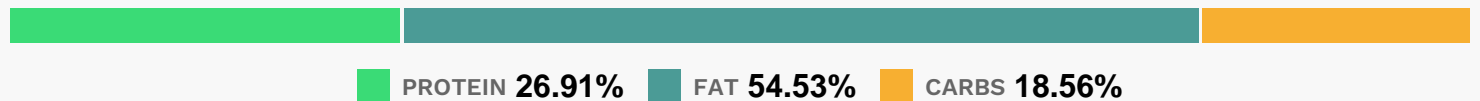
Equipment

- 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 in cold water. Shake to drain.
- Stir together Seasoning mix, sour cream, water and chili powder in large bowl. Stir in pasta-vegetable mixture, tomatoes, bell pepper and onion. Stir in chicken.
- Line serving plate with tortilla chips. Mound salad onto chips; sprinkle with Cheddar cheese.
- Serve with salsa. Refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:9.7895651407864%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 12.45g (19.15%), Saturated Fat: 5.51g (34.46%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 8.18g (2.98%), Sugar: 2.61g (2.9%), Cholesterol: 51.73mg (17.24%), Sodium: 214.22mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.64%), Vitamin C: 24.93mg (30.22%), Selenium: 13.98µg (19.98%), Phosphorus: 182.12mg (18.21%), Vitamin K: 17.53µg (16.7%), Vitamin B3: 3.28mg (16.4%), Calcium: 144.97mg (14.5%), Vitamin A: 701.33IU (14.03%), Vitamin B6: 0.27mg (13.39%), Vitamin B2: 0.17mg (10.25%), Zinc: 1.34mg (8.93%), Potassium: 284.26mg (8.12%), Magnesium: 27.07mg (6.77%), Vitamin B5: 0.64mg (6.35%), Vitamin E: 0.93mg (6.2%), Iron: 1.06mg (5.86%), Fiber: 1.35g (5.41%), Vitamin B12: 0.29µg (4.87%), Manganese: 0.09mg

(4.71%), Vitamin B1: 0.07mg (4.68%), Folate: 18.13µg (4.53%), Copper: 0.09mg (4.48%)