



Fiesta Chicken Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup bell pepper green
- 1 cup cherry tomatoes
- 0.5 teaspoon chili powder
- 2 spring onion chopped
- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 1 cup roasted chicken cubed cooked
- 4 servings salsa (any variety)
- 2 ounces cheddar cheese shredded
- 0.3 cup cream sour

- 4 servings tortilla chips
- 3 tablespoons water

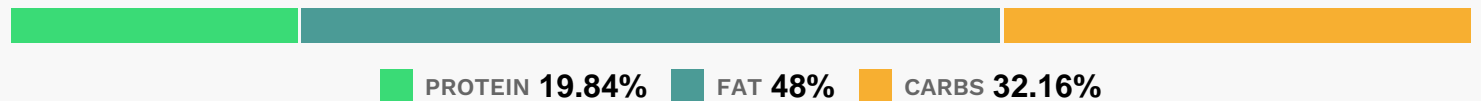
Equipment

- 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:-7, Nutrition Score:12.44130436493%

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: 309.59kcal (15.48%), Fat: 16.84g (25.91%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 22.47g (8.17%), Sugar: 3.68g (4.09%), Cholesterol: 51.73mg (17.24%), Sodium: 440.54mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 25.38mg (30.77%), Phosphorus: 237.05mg (23.71%), Vitamin K: 22.93µg (21.84%), Selenium: 15.12µg (21.61%), Vitamin B3: 3.72mg (18.62%), Calcium: 173.95mg (17.4%), Vitamin B6: 0.35mg (17.38%), Vitamin A: 817.16IU (16.34%), Vitamin E: 1.96mg (13.09%), Magnesium: 48.31mg (12.08%), Fiber: 2.92g (11.67%), Vitamin B2: 0.2mg (11.56%), Zinc: 1.68mg (11.18%), Potassium: 384.4mg (10.98%), Vitamin B5: 0.93mg (9.33%), Iron: 1.48mg (8.2%), Vitamin B1: 0.11mg (7.2%), Copper:

0.13mg (6.28%), Manganese: 0.12mg (6.07%), Folate: 21.61µg (5.4%), Vitamin B12: 0.29µg (4.87%)