



Chicken and Sugar Snap Peas Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 oz lasagne pasta sheets mini uncooked (mafalda)
- 2 cups sugar snap peas fresh trimmed halved
- 0.8 cup caesar dressing
- 2 tablespoons mint leaves fresh chopped
- 1 tablespoon red wine vinegar
- 0.5 teaspoon salt
- 2 cups rotisserie chicken cut chopped (from 2-lb chicken)
- 0.3 cup onion red chopped

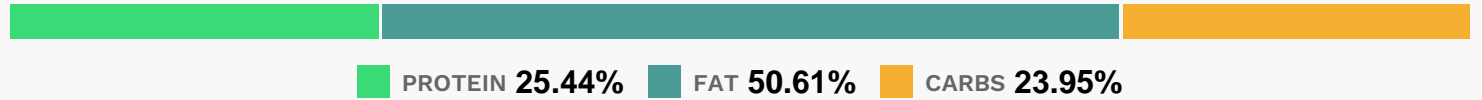
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, cook noodles as directed on package, adding peas during last minute of cooking. Rinse with cold water; drain.
- In large bowl, mix dressing, mint, vinegar and salt. Stir in chicken, onion, noodles and peas.
- Serve immediately, or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:13.308695637661%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 641.29kcal (32.06%), Fat: 35.91g (55.24%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 35.02g (12.73%), Sugar: 4.78g (5.31%), Cholesterol: 130.75mg (43.58%), Sodium: 1240.31mg (53.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.61g (81.22%), Vitamin K: 58.6µg (55.81%), Selenium: 27.97µg (39.96%), Vitamin C: 31.09mg (37.68%), Manganese: 0.57mg (28.55%), Vitamin E: 2.33mg (15.52%), Vitamin A: 654.01IU (13.08%), Fiber: 3.23g (12.9%), Iron: 2.22mg (12.31%), Phosphorus: 119.74mg (11.97%), Magnesium: 38.34mg (9.58%), Copper: 0.18mg (8.94%), Folate: 33.87µg (8.47%), Vitamin B6: 0.17mg (8.25%), Vitamin B1: 0.12mg (8.19%), Potassium: 235.95mg (6.74%), Vitamin B5: 0.61mg (6.08%), Calcium: 59.93mg (5.99%), Zinc: 0.83mg (5.51%), Vitamin B3: 1.09mg (5.44%), Vitamin B2: 0.08mg (4.62%)