



Greek Pasta Salad with Feta and Chicken

READY IN



18 min.

SERVINGS



4

CALORIES



604 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound meat from a rotisserie chicken cubed cooked
- 1 teaspoon dijon mustard
- 12 ounces ditalini pasta
- 1 teaspoon thyme leaves dried
- 0.5 cup feta cheese crumbled
- 0.3 cup mint leaves fresh chopped
- 2 cloves garlic minced
- 1 bell pepper diced green seeded
- 4 servings salt and ground pepper black

- 0.5 cup chicken broth reduced-sodium
- 1 tablespoon olive oil
- 1 teaspoon oregano dried
- 1 tablespoon red wine vinegar

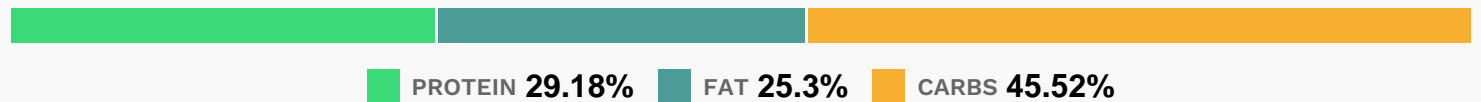
Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Cook pasta according to package directions.
- In a small bowl, whisk together broth, oil, vinegar, Dijon mustard, thyme, salt and pepper to taste.
- Add diced chicken, green pepper, and mint.
- Drain pasta and add to bowl with dressing and chicken. Toss to combine. Cover with plastic and refrigerate until ready to serve. Top with feta cheese just before serving.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:23.879565218221%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 604.15kcal (30.21%), Fat: 16.68g (25.66%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 63.66g (23.15%), Sugar: 3.08g (3.42%), Cholesterol: 101.74mg (33.91%), Sodium: 329.17mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.29g (86.59%), Selenium: 85.14µg (121.62%), Vitamin B3: 11.22mg (56.09%), Manganese: 0.96mg (48.16%), Phosphorus: 463.85mg (46.39%), Vitamin B6: 0.76mg (38.24%), Vitamin C: 25.44mg (30.84%), Zinc: 3.62mg (24.13%), Vitamin B2: 0.41mg (23.94%), Magnesium: 81.17mg (20.29%), Iron: 3.49mg (19.39%), Copper: 0.37mg (18.64%), Vitamin B5: 1.71mg (17.08%), Potassium: 573.45mg (16.38%), Fiber: 3.87g (15.47%), Calcium: 151.81mg (15.18%), Vitamin B1: 0.2mg (13.51%), Vitamin K: 12.33µg (11.75%), Vitamin B12: 0.68µg (11.25%), Folate: 35.18µg (8.79%), Vitamin A: 374.74IU (7.49%), Vitamin E: 0.86mg (5.72%)