



 **53%**  
HEALTH SCORE

## Grilled Caesar Pasta Salad

READY IN



35 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 3 tablespoons olive oil
- 2 tablespoons juice of lemon
- 1 lb chicken tenderloins boneless uncooked (not breaded)
- 1 tablespoon dijon mustard
- 2 heads the of 1 cos lettuce cut in half lengthwise
- 1 serving olive oil for drizzling
- 1 serving croutons
- 1 serving parmesan shaved

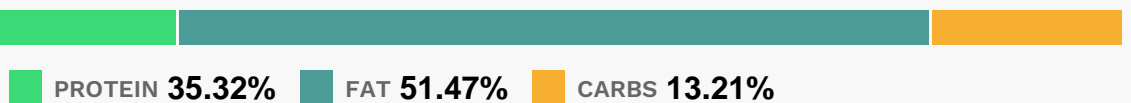
## Equipment

- bowl
- sauce pan
- grill

## Directions

- Pour pasta (from Suddenly Salad box) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta. Rinse with cold water; drain well.
- In large bowl, mix seasoning & crouton blend (from Suddenly Salad box), 3 tablespoons olive oil and the lemon juice. Stir in cooked pasta. Cover; refrigerate until ready to serve. In small bowl, coat chicken tenders with mustard; set aside.
- Heat gas or charcoal grill.
- Place chicken tenders on grill over medium-high heat. Cover grill; cook chicken tenders about 8 minutes, turning after 4 minutes, until chicken is no longer pink.
- Drizzle lettuce with olive oil.
- Place lettuce on grill, cut side down. Cook 1 to 2 minutes or just until light grill marks appear.
- To serve, place pasta mixture on large serving platters. Top with chicken tenders. Arrange lettuce around edges of platter; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:34.407825977906%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

## **Nutrients (% of daily need)**

Calories: 341.46kcal (17.07%), Fat: 19.98g (30.74%), Saturated Fat: 3.94g (24.65%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 4.75g (1.73%), Sugar: 4.04g (4.49%), Cholesterol: 77.67mg (25.89%), Sodium: 323.69mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Vitamin A: 27359.93IU (547.2%), Vitamin K: 329.66µg (313.97%), Folate: 433.31µg (108.33%), Vitamin B3: 12.87mg (64.34%), Selenium: 40.6µg (58%), Vitamin B6: 1.09mg (54.69%), Phosphorus: 389.02mg (38.9%), Potassium: 1214.01mg (34.69%), Fiber: 6.78g (27.12%), Manganese: 0.52mg (26.07%), Vitamin B5: 2.12mg (21.17%), Vitamin B1: 0.31mg (20.75%), Vitamin B2: 0.35mg (20.72%), Iron: 3.68mg (20.44%), Vitamin C: 16.8mg (20.37%), Calcium: 201mg (20.1%), Magnesium: 78.93mg (19.73%), Vitamin E: 2.68mg (17.86%), Zinc: 1.61mg (10.76%), Copper: 0.19mg (9.38%), Vitamin B12: 0.32µg (5.28%), Vitamin D: 0.15µg (1.01%)