



Grilled Chicken and Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound angel hair pasta dried
- 0.3 teaspoon chili flakes hot
- 10 oz cucumber peeled chopped
- 2 tablespoons ginger fresh minced
- 3 cloves garlic peeled chopped
- 0.3 cup green onions chopped (white and pale green parts only)
- 0.8 cup juice of lime
- 3 tablespoons olive oil

- 0.5 cup parsley chopped
- 3 tablespoons asian sesame oil toasted ()
- 3 tablespoons soya sauce
- 1 tablespoon sugar
- 1 pound bell peppers mixed diced red yellow cored stemmed rinsed seeded
- 1.5 pounds boned

Equipment

- bowl
- frying pan
- grill

Directions

- Rinse chicken and pat dry; place in a bowl. In another bowl, combine lime juice, olive oil, sesame oil, soy sauce, sugar, garlic, and ginger.
- Pour about 1/4 cup of the mixture over chicken, reserving remainder. Chill chicken for 30 minutes.
- Lift chicken from marinade (discard used marinade) and lay over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill. Cook, turning chicken as needed to brown evenly, until no longer pink in the center of the thickest part (cut to test), 6 to 8 minutes total.
- Transfer to a board and let stand until cool enough to handle, then cut across the grain into 1-inch-wide slices.
- Meanwhile, in a covered 6- to 8-quart pan over high heat, bring about 3 quarts water to a boil.
- Add the pasta and cook, stirring occasionally, until tender to bite, 4 to 6 minutes.
- Drain pasta and rinse under cold running water until cool.
- In a large bowl, combine pasta, reserved lime-juice mixture, chicken, bell peppers, cucumber, parsley, green onions, and chili flakes; mix to coat.
- Serve immediately or cover and chill up to 1 day.

Nutrition Facts

PROTEIN 24.81% FAT 28.26% CARBS 46.93%

Properties

Glycemic Index:31.39, Glycemic Load:18.42, Inflammation Score:-8, Nutrition Score:25.535217318846%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 440.79kcal (22.04%), Fat: 13.83g (21.27%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 48.64g (17.69%), Sugar: 4.15g (4.61%), Cholesterol: 54.43mg (18.14%), Sodium: 485.57mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.62%), Vitamin C: 119.02mg (144.26%), Selenium: 63.55µg (90.78%), Vitamin K: 74.84µg (71.28%), Vitamin B3: 10.74mg (53.72%), Vitamin B6: 0.88mg (43.82%), Manganese: 0.7mg (34.88%), Phosphorus: 324.6mg (32.46%), Potassium: 692.84mg (19.8%), Magnesium: 71.36mg (17.84%), Vitamin B5: 1.72mg (17.18%), Copper: 0.3mg (15.21%), Fiber: 3g (12.01%), Folate: 44.74µg (11.18%), Vitamin A: 541.46IU (10.83%), Iron: 1.92mg (10.67%), Zinc: 1.57mg (10.47%), Vitamin B1: 0.15mg (9.98%), Vitamin B2: 0.16mg (9.69%), Vitamin E: 1.19mg (7.92%), Calcium: 41.9mg (4.19%), Vitamin B12: 0.17µg (2.83%)