



Grilled Chicken Pasta Salad with Caramelized Onion, Broccoli and Mango

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 oz rotini pasta uncooked
- 1 lb chicken breast boneless skinless
- 1 tablespoon olive oil
- 0.8 cup onion finely chopped
- 3 cups broccoli florets fresh
- 2 mangos ripe peeled
- 1 bell pepper red chopped

- 1 cup zucchini quartered
- 8 oz salad dressing italian
- 0.5 teaspoon salt

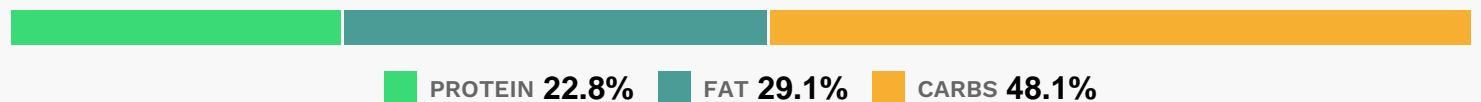
Equipment

- bowl
- frying pan
- grill

Directions

- Heat gas or charcoal grill. Cook pasta as directed on package; drain. Rinse with cold water to cool; drain well.
- Meanwhile, place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once or twice until juice of chicken is clear when center of thickest part is cut (170°F). Cool slightly.
- Cut into 3/4-inch cubes.
- In 8-inch nonstick skillet, heat oil over medium-high heat. Stir in onion; cook uncovered 5 minutes, stirring occasionally.
- Reduce heat to medium-low. Cook 10 to 15 minutes longer, stirring every 5 minutes, until onion is deep golden brown (onion will shrink during cooking). Cool slightly.
- In large bowl, combine pasta, chicken, caramelized onion and remaining ingredients; toss gently to coat. Cover; refrigerate 30 minutes to blend flavors.

Nutrition Facts



Properties

Glycemic Index:24.97, Glycemic Load:13.09, Inflammation Score:-8, Nutrition Score:20.407391506693%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg,

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 308.48kcal (15.42%), Fat: 10.06g (15.48%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 34.06g (12.39%), Sugar: 13.14g (14.6%), Cholesterol: 36.29mg (12.1%), Sodium: 508.57mg (22.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.74g (35.47%), Vitamin C: 72.99mg (88.48%), Selenium: 37.91µg (54.16%), Vitamin K: 55.51µg (52.86%), Vitamin B3: 7.23mg (36.15%), Vitamin B6: 0.69mg (34.55%), Vitamin A: 1296.79IU (25.94%), Manganese: 0.45mg (22.27%), Phosphorus: 220.78mg (22.08%), Potassium: 585.38mg (16.73%), Folate: 64.53µg (16.13%), Fiber: 3.34g (13.38%), Vitamin E: 2mg (13.34%), Vitamin B5: 1.32mg (13.25%), Magnesium: 49.6mg (12.4%), Vitamin B2: 0.16mg (9.68%), Copper: 0.19mg (9.67%), Vitamin B1: 0.13mg (8.54%), Zinc: 1.05mg (6.98%), Iron: 1.15mg (6.38%), Calcium: 41.28mg (4.13%), Vitamin B12: 0.11µg (1.89%)