



Grilled Honey Mustard Chicken Salad

READY IN



25 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.5 cup mayonnaise
- 1 tablespoon dijon honey mustard
- 2 cups roasted chicken cubed
- 2 cups baby spinach fresh washed
- 1 cup cherry tomatoes halved
- 0.3 cup celery chopped
- 4 oz cheddar cheese shredded
- 3 hardboiled eggs coarsely chopped

3 slices bacon crumbled cooked

Equipment

bowl

sauce pan

Directions

Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.

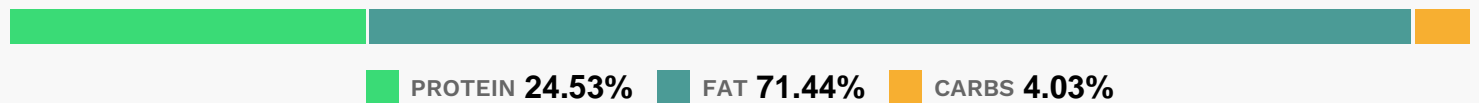
Drain pasta; rinse with cold water. Shake to drain.

In large bowl, stir together seasoning mix, mayonnaise and honey mustard.

Add pasta, chicken, spinach, tomatoes, celery, cheese and eggs; toss gently to coat. Top with crumbled bacon.

Serve immediately, or cover and refrigerate 1 hour to chill.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.25, Inflammation Score:-7, Nutrition Score:15.455217444378%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 352.58kcal (17.63%), Fat: 27.62g (42.49%), Saturated Fat: 7.97g (49.79%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.01g (1.1%), Sugar: 1.69g (1.88%), Cholesterol: 158.95mg (52.98%), Sodium: 405.36mg (17.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.33g (42.67%), Vitamin K: 81.59µg (77.71%), Selenium: 27.23µg (38.9%), Vitamin A: 1437.73IU (28.75%), Phosphorus: 251.8mg (25.18%), Vitamin B3: 4.35mg (21.73%), Vitamin B2: 0.32mg (18.86%), Calcium: 168.59mg (16.86%), Vitamin B6: 0.3mg (15.04%), Zinc: 1.91mg (12.74%), Vitamin B12: 0.68µg (11.32%), Folate: 43.2µg (10.8%), Vitamin C: 8.65mg (10.48%), Vitamin B5: 1.01mg (10.1%), Vitamin E: 1.39mg (9.24%), Potassium: 301.55mg (8.62%), Iron: 1.43mg (7.92%), Magnesium: 29.58mg (7.4%), Manganese: 0.14mg

(7%), Vitamin B1: 0.09mg (6.21%), Vitamin D: 0.72µg (4.78%), Copper: 0.08mg (3.87%), Fiber: 0.49g (1.96%)