



WHATSheATE



Honey-mustard chicken pasta



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g farfalle pasta
- ☐ 3 tbsp mayonnaise reduced-fat (use full-fat if you prefer)
- ☐ 1 tsp coarse mustard
- ☐ 1 tsp clear honey
- ☐ 300 g roasted chicken cooked
- ☐ 4 spring onion red thinly sliced (or use)
- ☐ 1 small bunch basil
- ☐ 4 tomatoes chunk halved quartered

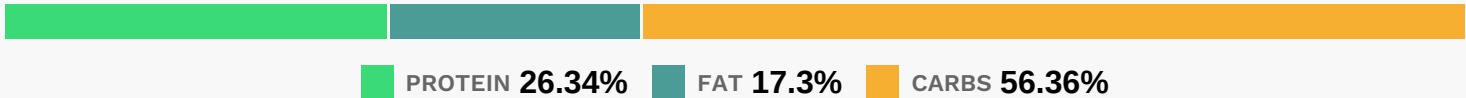
Equipment

☐ bowl

Directions

- ☐ Boil the pasta, then cool under running water.
- ☐ Mix the mayo, mustard and honey in a large bowl and loosen with a little water to make a dressing the consistency of double cream.
- ☐ Add the pasta, chicken, onions, basil and tomatoes, season to taste, then gently mix together.

Nutrition Facts



Properties

Glycemic Index:66.57, Glycemic Load:24.72, Inflammation Score:-8, Nutrition Score:21.673912836158%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 461.01kcal (23.05%), Fat: 8.76g (13.48%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 64.2g (21.4%), Net Carbohydrates: 59.92g (21.79%), Sugar: 7.35g (8.17%), Cholesterol: 57.93mg (19.31%), Sodium: 169.55mg (7.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30g (60%), Selenium: 66.64µg (95.2%), Vitamin K: 48.59µg (46.28%), Manganese: 0.89mg (44.51%), Vitamin B3: 8.01mg (40.04%), Phosphorus: 323.83mg (32.38%), Vitamin B6: 0.52mg (26.22%), Vitamin A: 1288.72IU (25.77%), Vitamin C: 19.48mg (23.61%), Potassium: 675.57mg (19.3%), Magnesium: 73.56mg (18.39%), Copper: 0.35mg (17.66%), Fiber: 4.28g (17.11%), Zinc: 2.49mg (16.59%), Iron: 2.5mg (13.88%), Vitamin B5: 1.19mg (11.86%), Vitamin B1: 0.17mg (11.33%), Folate: 45.28µg (11.32%), Vitamin B2: 0.19mg (11.25%), Vitamin E: 1.06mg (7.09%), Calcium: 50.75mg (5.08%), Vitamin B12: 0.22µg (3.63%)