



WHATSheATE



Italian Chicken Bow Tie Pasta



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



691 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



16 ounce farfalle pasta



8 ounce salad dressing italian-style



4 chicken breast halves boneless skinless cooked



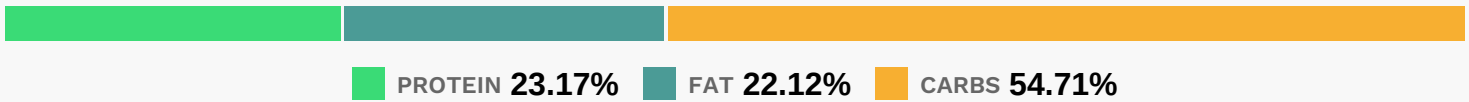
1 tomatoes chopped

Equipment

Directions

- ☐ Add 2/3 cup salad dressing to the cubed chicken and stir together.
- ☐ Cook pasta per package directions.
- ☐ Drain and rinse.
- ☐ Add the pasta to the chicken and dressing and toss.
- ☐ Pour enough dressing on to coat everything (or to your taste) and add the chopped tomato. Toss to coat. Ready to serve!

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:34.35, Inflammation Score:-6, Nutrition Score:24.080000079196%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 691.14kcal (34.56%), Fat: 16.66g (25.64%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 92.73g (30.91%), Net Carbohydrates: 88.73g (32.27%), Sugar: 9.96g (11.07%), Cholesterol: 72.32mg (24.11%), Sodium: 702.44mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.56%), Selenium: 108.96µg (155.66%), Vitamin B3: 13.97mg (69.85%), Manganese: 1.11mg (55.47%), Vitamin B6: 1.07mg (53.41%), Phosphorus: 467.51mg (46.75%), Vitamin K: 34.52µg (32.88%), Magnesium: 95.7mg (23.92%), Potassium: 791.48mg (22.61%), Vitamin B5: 2.13mg (21.26%), Copper: 0.39mg (19.36%), Fiber: 4g (15.99%), Zinc: 2.35mg (15.64%), Vitamin B1: 0.2mg (13.14%), Iron: 2.12mg (11.79%), Vitamin E: 1.75mg (11.65%), Vitamin B2: 0.19mg (10.99%), Folate: 29.54µg (7.39%), Vitamin C: 5.8mg (7.02%), Vitamin A: 310.46IU (6.21%), Calcium: 39.91mg (3.99%), Vitamin B12: 0.23µg (3.77%)