



Lemon-Basil Chicken-Pasta Salad

READY IN



85 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon soup noodles (for cooking pasta)
- 6 oz soup noodles uncooked (spiral)
- 8 oz celery stalks
- 1 clove garlic powder
- 5 oz roasted chicken cooked
- 0.5 cup basil fresh
- 2 oz parmesan shredded
- 0.3 cup vegetable oil
- 1 tablespoon lemon zest grated

Equipment

- bowl
- sieve
- plastic wrap
- dutch oven
- colander

Directions

- Fill a 4-quart Dutch oven about half full of water.
- Add 1/2 teaspoon salt if desired. Cover with lid; heat over high heat until water is boiling rapidly.
- Add the pasta.
- Heat to boiling again. Boil uncovered 9 to 11 minutes, stirring frequently, until tender but not mushy. While water is heating and pasta is cooking, continue with recipe.
- Break off and discard the tough ends of the asparagus stalks where they snap easily; wash asparagus.
- Cut asparagus into 1-inch pieces to measure 2 cups.
- Add asparagus to the pasta during the last 2 to 3 minutes of cooking.
- Peel and finely chop the garlic.
- Cut the chicken into 1/2-inch cubes to measure about 2 cups. Tear the basil leaves lengthwise into narrow strips.
- Place strainer or colander in the sink.
- Pour pasta and asparagus in the strainer to drain. Rinse with cold water; drain.
- In a large glass or plastic bowl, toss pasta, asparagus and chicken. Stir in garlic, basil, cheese, oil and lemon peel. Cover with plastic wrap; refrigerate 1 to 2 hours or until chilled.

Nutrition Facts

 **PROTEIN 19.93%**  **FAT 45.52%**  **CARBS 34.55%**

Properties

Glycemic Index:54.5, Glycemic Load:13.35, Inflammation Score:-6, Nutrition Score:14.483913140452%

Flavonoids

Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 405.4kcal (20.27%), Fat: 20.41g (31.4%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.34g (11.76%), Sugar: 2.1g (2.34%), Cholesterol: 36.22mg (12.07%), Sodium: 301.96mg (13.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.21%), Selenium: 39.48µg (56.4%), Vitamin K: 54.4µg (51.81%), Phosphorus: 264.45mg (26.44%), Manganese: 0.5mg (24.99%), Calcium: 211.34mg (21.13%), Vitamin B3: 3.78mg (18.91%), Vitamin B6: 0.27mg (13.64%), Magnesium: 45.12mg (11.28%), Zinc: 1.65mg (10.97%), Vitamin A: 538.81IU (10.78%), Fiber: 2.52g (10.07%), Potassium: 352.04mg (10.06%), Vitamin B2: 0.16mg (9.48%), Copper: 0.18mg (9.18%), Vitamin E: 1.38mg (9.17%), Folate: 33.29µg (8.32%), Vitamin B5: 0.75mg (7.47%), Iron: 1.34mg (7.46%), Vitamin B1: 0.08mg (5.42%), Vitamin C: 4.24mg (5.13%), Vitamin B12: 0.27µg (4.55%)