



Lemon-Chicken Pasta Salad



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 cups roasted chicken cubed cooked
- ☐ 1.5 cups snow peas
- ☐ 0.5 cup almonds sliced
- ☐ 1 Leaf lettuce

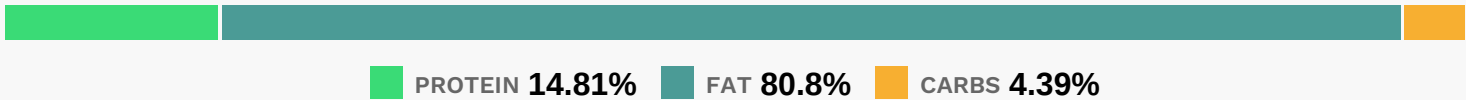
Equipment

- ☐ 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 well.
- ☐ In large bowl, stir together seasoning mix, mayonnaise, lemon peel and lemon juice. Stir in chicken, pea pods and almonds.
- ☐ Serve on lettuce leaves.
- ☐ Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:17.83217382431%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 582.99kcal (29.15%), Fat: 52.37g (80.57%), Saturated Fat: 8.27g (51.71%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 3.85g (1.4%), Sugar: 2.57g (2.86%), Cholesterol: 76.02mg (25.34%), Sodium: 413.63mg (17.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Vitamin K: 100.95µg (96.14%), Vitamin E: 4.94mg (32.94%), Vitamin C: 26.3mg (31.88%), Vitamin B3: 6.17mg (30.83%), Selenium: 19.25µg (27.5%),

Phosphorus: 222.07mg (22.21%), Vitamin B6: 0.37mg (18.6%), Manganese: 0.37mg (18.58%), Vitamin B2: 0.28mg (16.26%), Magnesium: 55.87mg (13.97%), Iron: 2.18mg (12.14%), Vitamin B5: 1.12mg (11.21%), Zinc: 1.62mg (10.77%), Fiber: 2.56g (10.22%), Copper: 0.2mg (10.03%), Potassium: 342.07mg (9.77%), Vitamin A: 477.6IU (9.55%), Vitamin B1: 0.13mg (8.73%), Folate: 29.49µg (7.37%), Calcium: 61.86mg (6.19%), Vitamin B12: 0.27µg (4.5%)