



Lemon Grilled Chicken and Pasta Salad

 Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli florets cooked
- 10 oz bow tie pasta cooked
- 0.3 cup grey poupon dijon mustard
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 1 medium bell pepper red chopped
- 1 lb chicken breasts boneless skinless sliced

Equipment

bowl

whisk

Directions

Beat mustard, oil and lemon juice with wire whisk until well blended.

Mix pasta, chicken, broccoli and red pepper in large bowl.

Add mustard mixture; toss to coat. Cover.

Refrigerate at least 1 hour before serving.

Nutrition Facts



PROTEIN 27.81% **FAT 46.06%** **CARBS 26.13%**

Properties

Glycemic Index:24.08, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:18.202174155608%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 293.06kcal (14.65%), Fat: 15.06g (23.17%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 19.23g (6.41%), Net Carbohydrates: 16.54g (6.02%), Sugar: 2.07g (2.3%), Cholesterol: 48.38mg (16.13%), Sodium: 251.48mg (10.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.93%), Vitamin C: 57.34mg (69.5%), Selenium: 42.16µg (60.22%), Vitamin B3: 8.55mg (42.74%), Vitamin K: 39.49µg (37.61%), Vitamin B6: 0.71mg (35.72%), Phosphorus: 227.09mg (22.71%), Vitamin A: 843.07IU (16.86%), Vitamin E: 2.51mg (16.76%), Manganese: 0.31mg (15.42%), Vitamin B5: 1.42mg (14.22%), Potassium: 469.55mg (13.42%), Magnesium: 44.16mg (11.04%), Fiber: 2.68g (10.72%), Folate: 37.57µg (9.39%), Vitamin B2: 0.15mg (8.71%), Iron: 1.49mg (8.26%), Vitamin B1: 0.12mg (7.91%), Zinc: 0.95mg (6.31%), Copper: 0.1mg (4.89%), Calcium: 32.18mg (3.22%), Vitamin B12: 0.15µg (2.52%)