



Lemon Poppy Seed Chicken Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 stalks celery chopped
- 1.5 cups meat from a rotisserie chicken cubed cooked
- 1 cup cranberries dried
- 4 green onions chopped
- 2 teaspoons juice of lemon
- 16 ounce penne pasta
- 1.5 cups creamy poppy seed salad dressing

Equipment

mixing bowl

pot

Directions

Bring a large pot of lightly salted water to a boil over high heat.

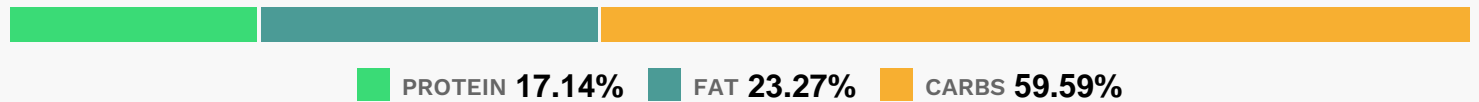
Add the penne pasta, and cook until al dente, 8 to 10 minutes.

Drain, and rinse under cold water until the pasta is cold; drain well.

Place the drained penne pasta into a large mixing bowl, and stir in the chicken, celery, cranberries, and green onions.

Pour in the salad dressing and lemon juice; stir until evenly mixed.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:11.49, Inflammation Score:-4, Nutrition Score:12.606956487117%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 268.59kcal (13.43%), Fat: 7.06g (10.86%), Saturated Fat: 1g (6.25%), Carbohydrates: 40.65g (13.55%), Net Carbohydrates: 36.26g (13.18%), Sugar: 8.92g (9.91%), Cholesterol: 13.13mg (4.38%), Sodium: 25.13mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.39%), Manganese: 1.23mg (61.41%), Selenium: 29.99µg (42.85%), Phosphorus: 217.75mg (21.77%), Calcium: 196.29mg (19.63%), Fiber: 4.4g (17.58%), Magnesium: 69.07mg (17.27%), Copper: 0.33mg (16.74%), Zinc: 1.82mg (12.14%), Iron: 2.04mg (11.31%), Vitamin B3: 2.23mg (11.16%), Vitamin K: 11.04µg (10.51%), Vitamin B1: 0.16mg (10.45%), Vitamin B6: 0.17mg (8.39%), Potassium: 248.42mg (7.1%), Folate: 23.06µg (5.76%), Vitamin B2: 0.07mg (4.17%), Vitamin B5: 0.42mg (4.16%), Vitamin E: 0.52mg (3.44%), Vitamin C: 1.43mg (1.73%), Vitamin A: 77.04IU (1.54%)