



Marinated Chicken and Pasta Salad

READY IN



135 min.

SERVINGS



6

CALORIES



501 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocados pitted peeled sliced
- 0.5 cup cashew pieces
- 1 teaspoon coarse grained mustard prepared
- 2 cups elbow macaroni
- 1 teaspoon basil fresh chopped
- 1 tablespoon honey
- 0.5 cup mayonnaise low-fat
- 2 tablespoons olive oil
- 2 tablespoons plum sauce

- 1 teaspoon sesame seed
- 0.3 cup sharp cheddar cheese shredded
- 3 chicken breast halves boneless skinless
- 0.5 cup cup heavy whipping cream fat free sour
- 3 tablespoons soya sauce
- 1 tablespoon tomato sauce
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot

Directions

- In a large bowl, combine 3 tablespoons soy sauce, 2 tablespoons honey, 2 tablespoons tomato sauce, 2 tablespoons plum sauce, 1 tablespoon Worcestershire sauce, sesame seeds, and basil.
- Add chicken, and turn to coat. Marinate in refrigerator for at least 1 hour.
- Bring a large pot of lightly salted water to a boil.
- Add pasta, and cook for 8 to 10 minutes or until al dente; drain and rinse.
- Heat olive oil in a skillet over medium heat. Cook chicken until no longer pink, and juices run clear.
- Drain on paper towels. Allow to cool, then cut into bite-size strips.
- In a large bowl, whisk together mayonnaise, sour cream, mustard, 1 tablespoon honey, 1 tablespoon tomato sauce, and 1 teaspoon Worcestershire sauce.
- Mix in cooked pasta, chicken, and Cheddar cheese. Gently stir in sliced avocado and cashews just before serving.

Nutrition Facts

PROTEIN 18.66% FAT 40% CARBS 41.34%

Properties

Glycemic Index:56.91, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:19.151304486005%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 501.15kcal (25.06%), Fat: 22.49g (34.61%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 52.32g (17.44%), Net Carbohydrates: 47.99g (17.45%), Sugar: 6.09g (6.76%), Cholesterol: 45.58mg (15.19%), Sodium: 855.27mg (37.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.61g (47.21%), Selenium: 53.22µg (76.03%), Vitamin B3: 7.88mg (39.38%), Manganese: 0.73mg (36.66%), Phosphorus: 348.1mg (34.81%), Vitamin B6: 0.66mg (32.86%), Copper: 0.5mg (24.77%), Vitamin K: 23.97µg (22.83%), Magnesium: 90.61mg (22.65%), Potassium: 636.31mg (18.18%), Fiber: 4.33g (17.32%), Vitamin B5: 1.65mg (16.45%), Zinc: 2.2mg (14.67%), Vitamin E: 2.11mg (14.04%), Iron: 2.24mg (12.43%), Vitamin B2: 0.21mg (12.26%), Folate: 47.09µg (11.77%), Vitamin B1: 0.17mg (11.24%), Calcium: 87.03mg (8.7%), Vitamin C: 4.44mg (5.38%), Vitamin A: 190.82IU (3.82%), Vitamin B12: 0.22µg (3.67%)