



Mediterranean Chicken-Pasta Salad

READY IN



85 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup water
- 3 tablespoons olive oil
- 2 cups roasted chicken cooked
- 1 cup grape tomatoes halved
- 1 cup cucumber coarsely chopped
- 1 cup feta cheese crumbled
- 2.3 oz olives ripe drained sliced canned

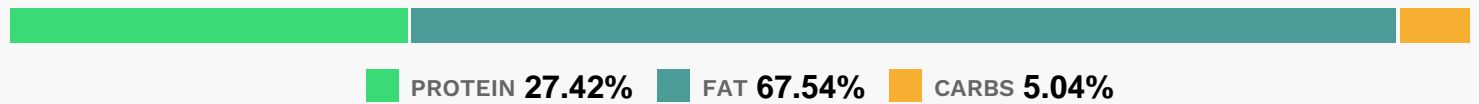
Equipment

bowl

Directions

- Cook pasta as directed on box. Meanwhile, in large bowl, stir together seasoning mix, cold water and oil.
- Add chicken; let stand while pasta is cooking.
- Drain pasta; rinse with cold water. Shake to drain well.
- Stir drained pasta and remaining ingredients into chicken mixture. Refrigerate at least 1 hour before serving. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:8.9126087142074%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 229.19kcal (11.46%), Fat: 17.18g (26.44%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.03g (1.14%), Cholesterol: 57.25mg (19.08%), Sodium: 490.73mg (21.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.4%), Selenium: 15.35µg (21.93%), Vitamin B3: 4.11mg (20.53%), Phosphorus: 184.89mg (18.49%), Vitamin B2: 0.29mg (17.09%), Vitamin B6: 0.33mg (16.59%), Calcium: 140.49mg (14.05%), Vitamin E: 1.6mg (10.66%), Zinc: 1.51mg (10.1%), Vitamin B12: 0.56µg (9.3%), Vitamin K: 8.37µg (7.97%), Vitamin A: 390.52IU (7.81%), Vitamin B5: 0.77mg (7.73%), Potassium: 216.32mg (6.18%), Vitamin B1: 0.09mg (5.72%), Magnesium: 21.24mg (5.31%), Iron: 0.94mg (5.22%), Vitamin C: 4.12mg (4.99%), Folate: 17.8µg (4.45%), Copper: 0.08mg (3.99%), Fiber: 0.81g (3.24%), Manganese: 0.06mg (2.97%)