



## Ooodles of Noodles Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

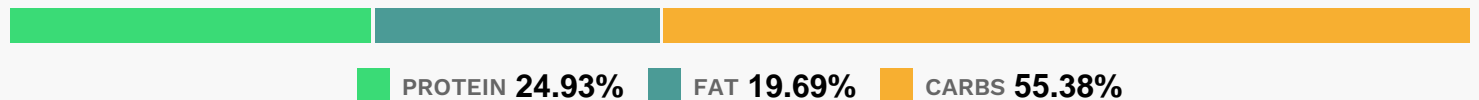
- 2.5 cups skinned chicken shredded cooked
- 1 cup cilantro leaves fresh
- 6 servings lime wedges
- 8 cups pasta fresh cold cooked uncooked ( 1 lb., 2 oz. )
- 1 cup papaya chopped
- 1 cup asian peanut sauce prepared
- 1 cup bell pepper red thinly sliced

### Equipment

## Directions

- Mix 8 cups cold cooked fresh linguine (about 1 lb., 2 oz. uncooked) with 2 1/2 cups shredded skinned cooked chicken and 1 cup each prepared Asian peanut sauce, thinly sliced red bell pepper, and fresh cilantro leaves. Mound onto plates and top servings equally with 1 cup chopped papaya.
- Serve with lime wedges to squeeze over salads to taste.

## Nutrition Facts



## Properties

Glycemic Index:33.88, Glycemic Load:28.84, Inflammation Score:-8, Nutrition Score:21.226087062255%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

## Nutrients (% of daily need)

Calories: 544.55kcal (27.23%), Fat: 11.56g (17.79%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 73.16g (24.39%), Net Carbohydrates: 68.66g (24.97%), Sugar: 10.95g (12.16%), Cholesterol: 93.65mg (31.22%), Sodium: 650.45mg (28.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.94g (65.87%), Selenium: 73.51µg (105.02%), Vitamin C: 47.01mg (56.98%), Manganese: 0.69mg (34.34%), Vitamin B3: 6.64mg (33.18%), Vitamin B6: 0.62mg (30.95%), Phosphorus: 306.72mg (30.67%), Vitamin A: 1203.3IU (24.07%), Iron: 3.48mg (19.34%), Fiber: 4.5g (18%), Zinc: 2.58mg (17.2%), Magnesium: 66.11mg (16.53%), Vitamin B5: 1.54mg (15.4%), Vitamin B2: 0.25mg (14.42%), Copper: 0.27mg (13.5%), Potassium: 436.36mg (12.47%), Vitamin K: 12.95µg (12.34%), Vitamin B12: 0.63µg (10.52%), Vitamin B1: 0.15mg (9.88%), Folate: 39.27µg (9.82%), Vitamin E: 0.82mg (5.5%), Calcium: 30.93mg (3.09%)