



Party Chicken and Pasta Salad

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 oz rotini pasta uncooked
- 4 cups roasted chicken cubed cooked
- 1 cup celery thinly sliced
- 0.5 cup spring onion chopped
- 12 oz snow peas fresh trimmed halved
- 2 cups grapes green red seedless halved
- 8 oz dole pineapple tidbits unsweetened drained canned
- 1 cup slivered almonds toasted

- 6 leaves lettuce
- 1 cup salad dressing
- 2 tablespoons ginger fresh finely chopped
- 1 teaspoon garlic salt
- 2 tablespoons liquid smoke
- 2 tablespoons soya sauce
- 2 tablespoons honey

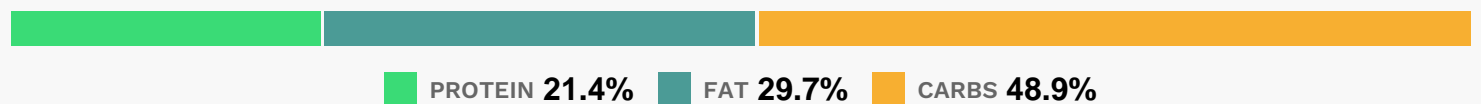
Equipment

- bowl

Directions

- Cook pasta as directed on package.
- Drain; rinse with cold water to cool.
- Drain well.
- Meanwhile, in large bowl, mix remaining salad ingredients except almonds and lettuce. In small bowl, mix dressing ingredients.
- Add pasta and 1/2 cup of the almonds to salad; stir gently to mix.
- Add dressing; toss to coat. Line serving bowl or platter with lettuce. Spoon salad over lettuce.
- Sprinkle with remaining almonds.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:15.1, Inflammation Score:-6, Nutrition Score:16.586087092109%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 374.34kcal (18.72%), Fat: 12.45g (19.15%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 42.22g (15.35%), Sugar: 14.48g (16.09%), Cholesterol: 35mg (11.67%), Sodium: 608.66mg (26.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Selenium: 36.55µg (52.22%), Manganese: 0.69mg (34.73%), Vitamin K: 33.95µg (32.34%), Vitamin B3: 5.13mg (25.64%), Vitamin C: 20.9mg (25.34%), Phosphorus: 237.45mg (23.74%), Vitamin E: 2.99mg (19.95%), Vitamin B6: 0.37mg (18.51%), Magnesium: 70.33mg (17.58%), Copper: 0.32mg (16.12%), Fiber: 3.89g (15.56%), Vitamin B2: 0.25mg (14.92%), Iron: 2.36mg (13.13%), Potassium: 453.87mg (12.97%), Vitamin B1: 0.17mg (11.48%), Zinc: 1.71mg (11.39%), Vitamin B5: 0.93mg (9.27%), Vitamin A: 459.9IU (9.2%), Folate: 34.05µg (8.51%), Calcium: 66.23mg (6.62%), Vitamin B12: 0.14µg (2.26%)