



HEALTH SCORE

100%

Pasta-Chicken Salad on Watermelon Wedges



Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



2999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds sliced toasted
- 2 cups chicken breast strips/pre-cooked/chopped cooked
- 1 tablespoon dijon mustard
- 3 tablespoons skim milk fat-free (skim)
- 0.5 cup spring onion sliced
- 6 oz penne pasta mini uncooked
- 1 cup grapes red cut in half
- 0.8 cup salad dressing reduced-calorie

0.5 teaspoon salt

12 watermelon

Equipment

bowl

Directions

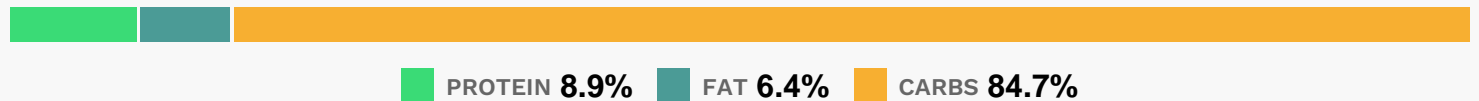
Cook and drain pasta as directed on package. Rinse with cold water; drain.

In large bowl, mix pasta, chicken, grapes and onions. In small bowl, mix mayonnaise, milk, mustard and salt; stir into pasta mixture.

To serve, place 3 watermelon wedges on each of 6 dinner plates. Divide salad evenly among watermelon wedges.

Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:44.99, Glycemic Load:491.27, Inflammation Score:-10, Nutrition Score:78.063912780389%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 41.4mg, Luteolin: 41.4mg, Luteolin: 41.4mg, Luteolin: 41.4mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 40.63mg, Kaempferol: 40.63mg, Kaempferol: 40.63mg, Kaempferol: 40.63mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 2998.98kcal (149.95%), Fat: 23.85g (36.69%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 710.72g (236.91%), Net Carbohydrates: 672.78g (244.65%), Sugar: 566.61g (629.56%), Cholesterol: 39.89mg (13.3%), Sodium: 644.17mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.7g (149.41%), Vitamin A: 51347.18IU (1026.94%), Vitamin C: 731.5mg (886.67%), Potassium: 10402.84mg (297.22%), Magnesium: 945.91mg

(236.48%), Vitamin B6: 4.43mg (221.36%), Vitamin B5: 20.53mg (205.34%), Vitamin B1: 3.07mg (204.85%), Copper: 3.97mg (198.54%), Manganese: 3.83mg (191.35%), Fiber: 37.94g (151.75%), Iron: 22.93mg (127.38%), Vitamin B2: 2.04mg (119.98%), Phosphorus: 1191.67mg (119.17%), Vitamin B3: 23.19mg (115.96%), Selenium: 68.62µg (98.02%), Folate: 284.82µg (71.2%), Calcium: 677.2mg (67.72%), Zinc: 10.11mg (67.38%), Vitamin K: 46.58µg (44.36%), Vitamin E: 6.38mg (42.56%), Vitamin B12: 0.2µg (3.37%)