



Pea Pod and Chicken Pasta Salad

 Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 oz rotini pasta uncooked
- ☐ 3 cups snow peas fresh trimmed cut in half crosswise
- ☐ 3 cups roasted chicken cubed cooked
- ☐ 0.8 cup spring onion sliced (12 medium)
- ☐ 8 oz water chestnuts drained sliced canned
- ☐ 1 leaves lettuce
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.8 cup salad dressing

- ☐ 2 teaspoons soya sauce
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon ground ginger

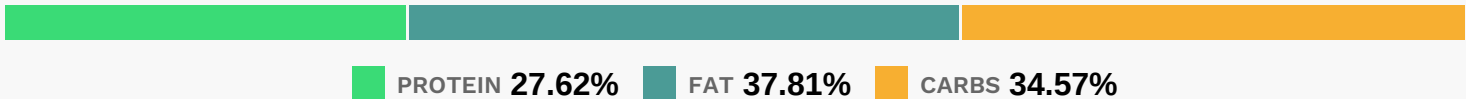
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta as directed on package, adding pea pods during last 1 to 2 minutes of cooking.
- ☐ Drain; rinse with cold water to cool.
- ☐ Drain well.
- ☐ Meanwhile, in large bowl, mix chicken, onions and water chestnuts. In small bowl, mix dressing ingredients until well blended.
- ☐ Gently stir cooled cooked pasta and pea pods into chicken mixture.
- ☐ Pour dressing over salad; stir gently to coat. Cover; refrigerate at least 3 hours or until serving time.
- ☐ To serve, line serving bowl with lettuce leaves. Spoon salad over lettuce.
- ☐ Sprinkle with almonds.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:5.24, Inflammation Score:-7, Nutrition Score:18.532174048216%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 339.29kcal (16.96%), Fat: 14.25g (21.92%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 24.9g (9.05%), Sugar: 7.64g (8.49%), Cholesterol: 52.5mg (17.5%), Sodium: 465.62mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.83%), Vitamin K: 55.16µg (52.54%), Selenium: 29.38µg (41.98%), Vitamin C: 32.66mg (39.59%), Vitamin B3: 6.71mg (33.56%), Manganese: 0.55mg (27.32%), Vitamin B6: 0.52mg (26.12%), Phosphorus: 243.92mg (24.39%), Vitamin E: 2.76mg (18.37%), Fiber: 4.41g (17.65%), Iron: 3.15mg (17.49%), Magnesium: 59.54mg (14.89%), Vitamin B2: 0.25mg (14.61%), Vitamin A: 703.75IU (14.08%), Potassium: 475.66mg (13.59%), Copper: 0.27mg (13.37%), Zinc: 1.92mg (12.81%), Vitamin B5: 1.25mg (12.5%), Vitamin B1: 0.17mg (11.01%), Folate: 41.86µg (10.47%), Calcium: 65.23mg (6.52%), Vitamin B12: 0.2µg (3.38%)