



WHATSheATE



Peppery Chicken Pasta Salad



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.7 cup celery ()
- ☐ 2 cups rotisserie chicken breast meat boneless skinless chopped
- ☐ 3 cups farfalle pasta uncooked (8 ounces bow tie pasta)
- ☐ 2 cups green beans (1-inch) ()
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 3 tablespoons mayonnaise light
- ☐ 4 teaspoons basil pesto

- ☐ 1 bell pepper red chopped
- ☐ 0.5 small onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

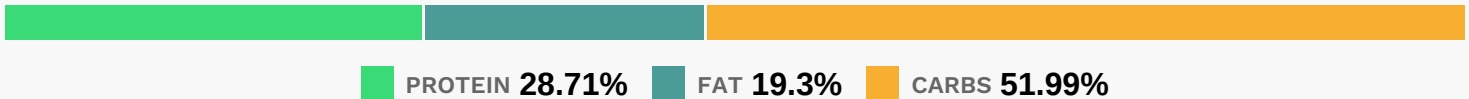
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, cook pasta in boiling water 11 minutes or until al dente.
- ☐ Add green beans during final 5 minutes of cooking.
- ☐ Drain and rinse pasta mixture under cold water.
- ☐ Place pasta mixture, chicken, celery, bell pepper, and onion in a large bowl; toss gently to combine.
- ☐ To prepare dressing, combine 2 tablespoons water and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over pasta mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:10.23, Inflammation Score:-7, Nutrition Score:14.396956442491%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.96mg,

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Nutrients (% of daily need)

Calories: 220.77kcal (11.04%), Fat: 4.72g (7.26%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 25.78g (9.38%), Sugar: 3.81g (4.23%), Cholesterol: 33.39mg (11.13%), Sodium: 258.41mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.57%), Selenium: 35.48µg (50.69%), Vitamin C: 32.78mg (39.73%), Vitamin B3: 6.24mg (31.2%), Vitamin B6: 0.55mg (27.4%), Vitamin K: 24.23µg (23.07%), Manganese: 0.43mg (21.49%), Vitamin A: 1012.76IU (20.26%), Phosphorus: 187.72mg (18.77%), Potassium: 421.51mg (12.04%), Fiber: 2.81g (11.23%), Magnesium: 43.28mg (10.82%), Vitamin B5: 1.04mg (10.37%), Folate: 35.38µg (8.84%), Vitamin B2: 0.13mg (7.8%), Vitamin B1: 0.11mg (7.19%), Copper: 0.14mg (7.07%), Iron: 1.13mg (6.27%), Zinc: 0.89mg (5.93%), Vitamin E: 0.78mg (5.23%), Calcium: 37.29mg (3.73%), Vitamin B12: 0.1µg (1.67%)