



## Poppy Seed Chicken Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup celery chopped
- 1.5 cups meat from a rotisserie chicken cubed cooked
- 0.3 cup cranberries dried
- 2 cups fusilli pasta (spiral)
- 6 tablespoons onion chopped
- 0.5 cup poppy seed salad dressing
- 0.3 cup slivered almonds

### Equipment

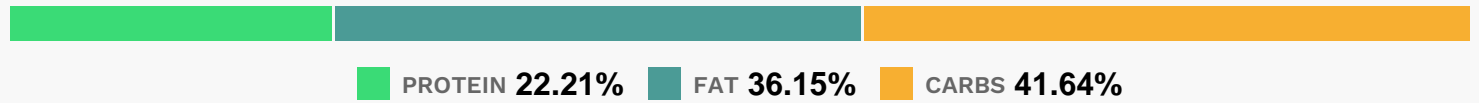
bowl

pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally, until cooked through but firm to the bite, 12 minutes; drain, rinse in cold water, and drain again.
- Toss pasta, chicken, onion, cranberries, celery, and almonds together in a salad bowl; drizzle with poppy seed dressing and stir to coat.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:6.27, Inflammation Score:-2, Nutrition Score:7.6634783096935%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 225.85kcal (11.29%), Fat: 9.07g (13.96%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 21.81g (7.93%), Sugar: 6.99g (7.77%), Cholesterol: 26.25mg (8.75%), Sodium: 225.98mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.09%), Selenium: 21.92µg (31.32%), Vitamin B3: 3.34mg (16.7%), Manganese: 0.33mg (16.44%), Phosphorus: 133.9mg (13.39%), Vitamin K: 12.64µg (12.04%), Vitamin E: 1.72mg (11.48%), Vitamin B6: 0.21mg (10.38%), Magnesium: 32.74mg (8.19%), Vitamin B2: 0.12mg (7.13%), Fiber: 1.71g (6.83%), Copper: 0.14mg (6.82%), Zinc: 1mg (6.64%), Potassium: 202.2mg (5.78%), Iron: 0.95mg (5.28%), Vitamin B5: 0.48mg (4.81%), Vitamin B1: 0.06mg (3.93%), Calcium: 27.49mg (2.75%), Folate: 10.74µg (2.69%), Vitamin B12: 0.1µg (1.69%), Vitamin C: 0.96mg (1.16%)