



Roasted Chicken and Bow Tie Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup celery thin
- ☐ 2 cups chicken shredded cooked (2 breasts)
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 8 ounces farfalle pasta uncooked (bow tie pasta)
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup juice of lemon fresh

- ☐ 0.3 cup orange juice fresh
- ☐ 1.5 cups grapes red seedless halved
- ☐ 0.3 cup onion red finely chopped
- ☐ 1.5 teaspoons rice vinegar
- ☐ 1.3 teaspoons salt
- ☐ 1 tablespoon dijon mustard stone-ground
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup walnut pieces toasted coarsely chopped

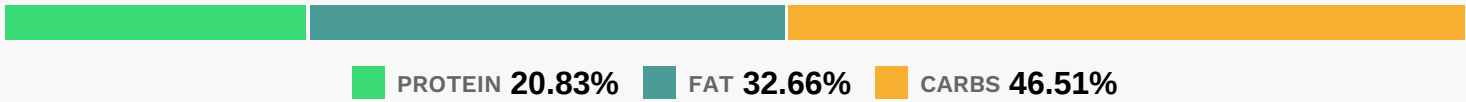
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain. Cool completely.
- ☐ Combine orange juice and the next 7 ingredients (orange juice through rice vinegar) in a large bowl, stirring with a whisk to combine.
- ☐ Add pasta, chicken, grapes, celery, red onion, walnuts, chives, and parsley; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:80.02, Glycemic Load:16.4, Inflammation Score:-5, Nutrition Score:14.254782707795%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol:

0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 350.56kcal (17.53%), Fat: 12.84g (19.75%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 38.44g (13.98%), Sugar: 10.45g (11.61%), Cholesterol: 35mg (11.67%), Sodium: 565.15mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.84%), Selenium: 36.75µg (52.5%), Vitamin K: 38.89µg (37.04%), Manganese: 0.68mg (33.83%), Vitamin B3: 4.64mg (23.18%), Phosphorus: 205.51mg (20.55%), Vitamin C: 15.95mg (19.33%), Vitamin B6: 0.35mg (17.56%), Copper: 0.31mg (15.66%), Magnesium: 50.42mg (12.6%), Potassium: 404.69mg (11.56%), Fiber: 2.69g (10.78%), Zinc: 1.56mg (10.4%), Vitamin B1: 0.14mg (9.39%), Iron: 1.66mg (9.24%), Vitamin B2: 0.15mg (8.84%), Folate: 33.98µg (8.5%), Vitamin B5: 0.78mg (7.84%), Vitamin A: 329.58IU (6.59%), Vitamin E: 0.92mg (6.15%), Calcium: 40.55mg (4.06%), Vitamin B12: 0.14µg (2.26%)