



Sesame Pasta Chicken Salad

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bow tie pasta
- ☐ 3 cups rotisserie chicken breast meat shredded cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup soya sauce light
- ☐ 0.3 cup rice vinegar

- ☐ 1 teaspoon sesame oil
- ☐ 0.3 cup sesame seed
- ☐ 0.5 cup vegetable oil
- ☐ 3 tablespoons sugar white

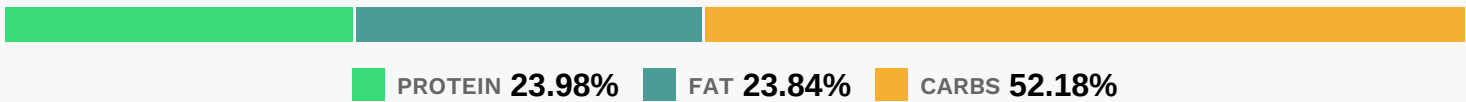
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a skillet over medium-high heat.
- ☐ Add sesame seeds, and cook stirring frequently until lightly toasted.
- ☐ Remove from heat, and set aside.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta, and cook for 8 to 10 minutes, or until al dente.
- ☐ Drain pasta, and rinse under cold water until cool.
- ☐ Transfer to a large bowl.
- ☐ In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.
- ☐ Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:16.4, Inflammation Score:-3, Nutrition Score:11.303043388802%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 304.4kcal (15.22%), Fat: 7.95g (12.23%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 39.14g (13.05%), Net Carbohydrates: 37.05g (13.47%), Sugar: 5.04g (5.6%), Cholesterol: 31.5mg (10.5%), Sodium: 467.64mg (20.33%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 17.98g (35.97%), Selenium: 40.5µg (57.85%), Manganese: 0.61mg (30.3%), Vitamin B3: 4.59mg (22.95%), Phosphorus: 202.09mg (20.21%), Copper: 0.32mg (16.22%), Vitamin B6: 0.29mg (14.27%), Magnesium: 50.31mg (12.58%), Vitamin K: 12.74µg (12.14%), Zinc: 1.62mg (10.82%), Iron: 1.92mg (10.64%), Fiber: 2.08g (8.34%), Potassium: 245.48mg (7.01%), Vitamin B1: 0.1mg (6.89%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.64mg (6.41%), Calcium: 56.31mg (5.63%), Folate: 17.78µg (4.44%), Vitamin B12: 0.12µg (2.03%), Vitamin E: 0.28mg (1.84%), Vitamin A: 87.08IU (1.74%)