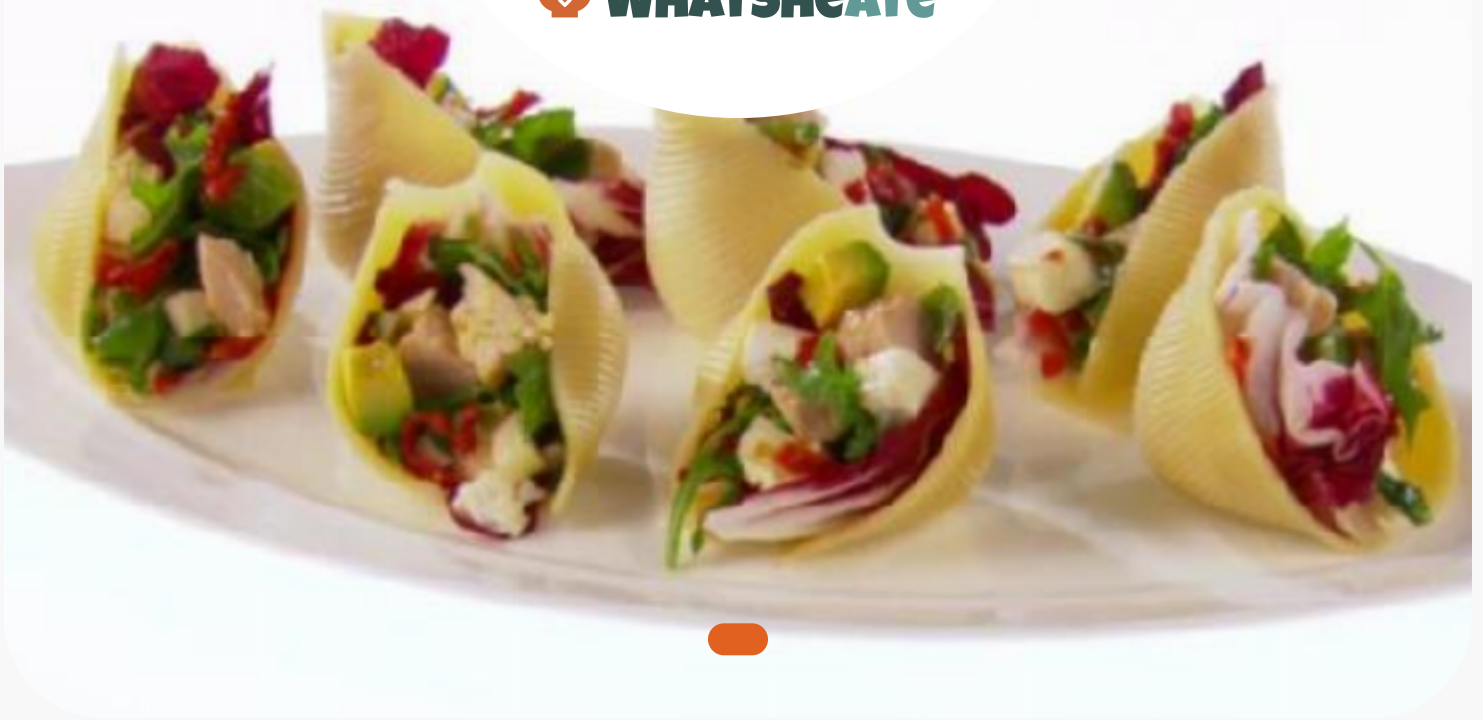




Shells Filled with Chicken Chopped Salad

READY IN



60 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 avocado diced peeled seeded finely
- ☐ 1 cup baby arugula coarsely chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 chicken breast cooked cut into 1/4-inch pieces to yield 1 cup of meat
- ☐ 0.3 fennel bulb chopped
- ☐ 0.5 cup feta cheese diced
- ☐ 1 clove garlic minced
- ☐ 6 ounces giant pasta shells
- ☐ 8 kalamata olives pitted chopped

- ☐ 0.3 teaspoon kosher salt
- ☐ 12 servings kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 12 small radicchio leaves from 1 head
- ☐ 0.3 cup sun-dried tomatoes thinly sliced
- ☐ 2 tablespoons balsamic vinegar white

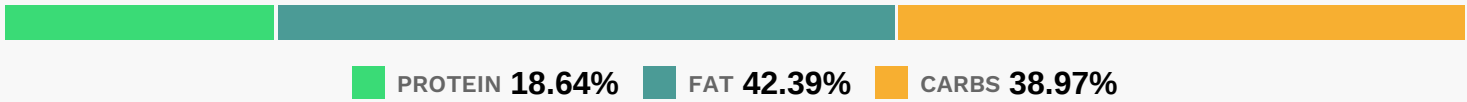
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta shells and cook until tender but still firm to the bite, stirring occasionally, 12 to 13 minutes.
- ☐ Drain and cool.
- ☐ Combine the vinegar, lemon juice, salt, pepper and garlic in a small bowl. Gradually add the oil, whisking until the dressing is thick.
- ☐ For the salad: In a large bowl, combine the arugula, feta, tomatoes, salt, pepper, olives, chicken, avocado and fennel.
- ☐ Add the dressing to the salad and toss to coat.
- ☐ Line each shell with a leaf of radicchio, trimming each leaf if too large for the pasta. Fill shells with salad, pressing slightly so salad will adhere. Arrange shells on a platter and serve.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:5.14, Inflammation Score:-8, Nutrition Score:17.203478357066%

Flavonoids

Cyanidin: 190.51mg, Cyanidin: 190.51mg, Cyanidin: 190.51mg, Cyanidin: 190.51mg Delphinidin: 11.52mg, Delphinidin: 11.52mg, Delphinidin: 11.52mg, Delphinidin: 11.52mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 56.99mg, Luteolin: 56.99mg, Luteolin: 56.99mg, Luteolin: 56.99mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 47.42mg, Quercetin: 47.42mg, Quercetin: 47.42mg, Quercetin: 47.42mg

Nutrients (% of daily need)

Calories: 210.37kcal (10.52%), Fat: 10.2g (15.69%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 18.07g (6.57%), Sugar: 3.15g (3.49%), Cholesterol: 17.75mg (5.92%), Sodium: 407.17mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.18%), Vitamin K: 394.31µg (375.53%), Copper: 0.63mg (31.53%), Vitamin E: 4.63mg (30.88%), Folate: 107.18µg (26.79%), Selenium: 15.5µg (22.15%), Manganese: 0.44mg (21.76%), Potassium: 703.29mg (20.09%), Vitamin C: 15.27mg (18.51%), Phosphorus: 160.17mg (16.02%), Vitamin B3: 3.12mg (15.59%), Vitamin B6: 0.26mg (12.88%), Fiber: 3.02g (12.08%), Magnesium: 43.09mg (10.77%), Zinc: 1.59mg (10.62%), Iron: 1.69mg (9.38%), Vitamin B2: 0.15mg (8.77%), Vitamin B5: 0.87mg (8.66%), Calcium: 76.77mg (7.68%), Vitamin B1: 0.08mg (5.38%), Vitamin A: 165.57IU (3.31%), Vitamin B12: 0.15µg (2.57%)