



Smoky BBQ Chicken Salad

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.5 cup corn frozen
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup barbecue sauce
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 1 cup grape tomatoes halved
- ☐ 12 boston lettuce leaves
- ☐ 0.3 cup spring onion chopped

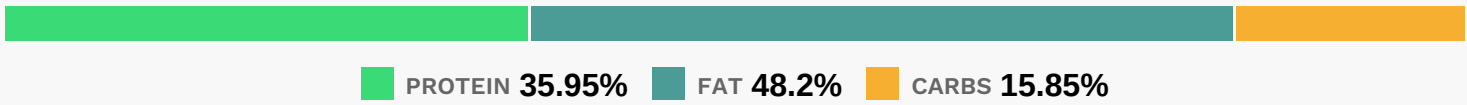
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally, adding corn during last 2 minutes of cooking.
- ☐ Drain pasta and corn; rinse with cold water. Shake to drain well.
- ☐ In large bowl, stir together Seasoning mix, mayonnaise and barbecue sauce. Stir in pasta, corn, chicken and tomatoes. Line serving plate with lettuce leaves. Top with salad mixture; sprinkle with green onions.
- ☐ Serve immediately, or cover and refrigerate 1 hour to chill.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:6.4917391664956%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 252.83kcal (12.64%), Fat: 13.73g (21.13%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.93g (3.25%), Sugar: 5.06g (5.63%), Cholesterol: 79.63mg (26.54%), Sodium: 462.16mg (20.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.04g (46.09%), Vitamin K: 56.7µg (54%), Vitamin A: 1276.59IU (25.53%), Folate: 34.82µg (8.7%), Vitamin C: 6.36mg (7.71%), Manganese: 0.13mg (6.3%), Potassium: 212.11mg (6.06%), Fiber: 1.24g (4.94%), Vitamin E: 0.61mg (4.08%), Vitamin B6: 0.08mg (4.07%), Iron: 0.69mg (3.86%), Magnesium: 13.51mg (3.38%), Phosphorus: 33.71mg (3.37%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.58mg (2.89%), Vitamin B2: 0.05mg (2.78%), Calcium: 21.28mg (2.13%), Copper: 0.04mg (2.01%), Zinc: 0.25mg (1.66%), Vitamin B5: 0.15mg (1.46%)