



Southwest Chicken Ranch Pasta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 11 oz corn southwestern style drained canned
- 1 cup cherry tomatoes halved
- 6 oz chicken breast refrigerated cooked coarsely chopped
- 2 tablespoons cilantro leaves fresh chopped
- 4 oz pepper jack cheese cut into 1/2-inch cubes (1 cup)
- 7.5 oz ranch seasoning betty suddenly salad®
- 0.5 cup salad dressing

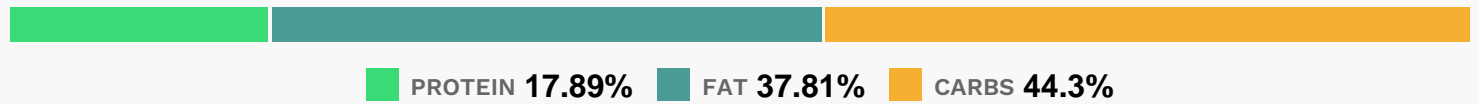
Equipment

- bowl
- sauce pan

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- In small bowl, combine Seasoning mix from packet and mayonnaise. In large bowl, gently toss seasoning mixture, chicken, corn, tomatoes and cheese until mixed; stir in cooked pasta. Top with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:10.741304293923%

Flavonoids

Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 436.94kcal (21.85%), Fat: 17.05g (26.23%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 44.67g (16.24%), Sugar: 4.24g (4.72%), Cholesterol: 52.45mg (17.48%), Sodium: 4629.04mg (201.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Vitamin B3: 5.31mg (26.54%), Selenium: 18.49µg (26.42%), Phosphorus: 262.07mg (26.21%), Calcium: 223.22mg (22.32%), Vitamin B6: 0.39mg (19.47%), Vitamin K: 18.91µg (18.01%), Vitamin C: 10.5mg (12.73%), Potassium: 377.66mg (10.79%), Vitamin B2: 0.17mg (10.19%), Zinc: 1.39mg (9.26%), Vitamin A: 436.99IU (8.74%), Folate: 34.38µg (8.59%), Magnesium: 32.16mg (8.04%), Vitamin B5: 0.71mg (7.15%), Vitamin E: 1.01mg (6.74%), Vitamin B12: 0.32µg (5.34%), Manganese: 0.1mg (5.11%), Iron: 0.87mg (4.81%), Vitamin B1: 0.06mg (4.17%), Copper: 0.08mg (3.93%), Vitamin D: 0.21µg (1.42%), Fiber: 0.27g (1.07%)