



## Southwestern Chicken Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon chipotle chiles in adobo sauce canned chopped
- 1 tablespoon olive oil extravirgin
- 1 cup corn kernels fresh
- 0.5 cup green onions sliced
- 8 ounces grilled lemon-herb chicken shredded boneless skinless
- 2 tablespoons juice of lime fresh
- 0.3 cup orange juice fresh
- 0.5 pound penne rigate uncooked
- 0.5 cup plum tomatoes chopped ( 2 tomatoes)

- 0.5 cup bell pepper diced red
- 0.5 teaspoon salt
- 3 ounces sharp cheddar cheese shredded

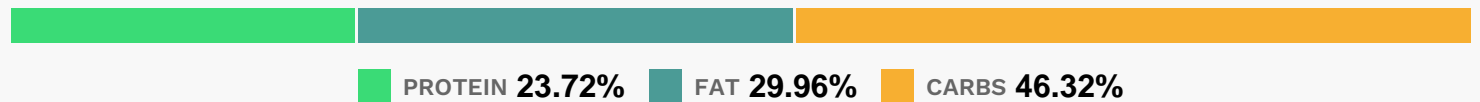
## Equipment

- bowl
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Drain and place in a large bowl.
- Add Grilled Lemon-Herb Chicken and next 5 ingredients (through tomato); toss well to combine.
- Combine orange juice and remaining ingredients, stirring with a whisk.
- Drizzle over pasta mixture; toss gently to coat. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:37.17, Glycemic Load:12.47, Inflammation Score:-7, Nutrition Score:14.438695485177%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 319.61kcal (15.98%), Fat: 10.67g (16.42%), Saturated Fat: 3.93g (24.56%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 34.43g (12.52%), Sugar: 4.92g (5.47%), Cholesterol: 42.52mg (14.17%), Sodium: 323.83mg (14.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Selenium: 37.42µg (53.46%), Vitamin C: 28.47mg (34.51%), Phosphorus: 243.94mg (24.39%), Manganese: 0.45mg (22.32%), Vitamin B3: 4.39mg

(21.94%), Vitamin K: 21.31µg (20.3%), Vitamin A: 862.09IU (17.24%), Vitamin B6: 0.3mg (15.2%), Calcium: 123.99mg (12.4%), Zinc: 1.85mg (12.3%), Magnesium: 47.61mg (11.9%), Fiber: 2.7g (10.79%), Potassium: 369.52mg (10.56%), Vitamin B2: 0.18mg (10.52%), Folate: 39.42µg (9.86%), Copper: 0.18mg (8.76%), Vitamin B1: 0.13mg (8.54%), Vitamin B5: 0.85mg (8.51%), Iron: 1.43mg (7.93%), Vitamin E: 0.86mg (5.76%), Vitamin B12: 0.26µg (4.33%)