



Southwestern Chicken Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rotini pasta uncooked (spiral pasta)
- 9 oz chicken breast strips/pre-cooked/chopped diced frozen thawed cooked southwestern-flavored
- 1 medium avocado diced pitted peeled
- 1 large tomatoes chopped
- 11 oz corn sweet whole drained canned
- 0.5 cup spring onion sliced
- 1 cup cheddar cheese shredded finely
- 0.8 cup mayonnaise

- 0.5 cup salsa thick
- 11 oz lettuce (6 cups)
- 0.3 cup cilantro leaves fresh chopped

Equipment

- bowl

Directions

- Cook and drain rotini as directed on package. Rinse with cold water to cool.
- Drain well.
- Meanwhile, in large bowl, mix chicken, avocado, tomato, corn, onions and cheese. In small bowl, mix mayonnaise and salsa.
- Add rotini to salad; stir gently to mix.
- Add mayonnaise mixture to salad; toss to coat. Arrange lettuce blend on individual plates. Spoon salad over lettuce.
- Sprinkle with cilantro.

Nutrition Facts



PROTEIN 18.09% **FAT 58.88%** **CARBS 23.03%**

Properties

Glycemic Index:44.33, Glycemic Load:7.06, Inflammation Score:-7, Nutrition Score:19.364782758381%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 515.49kcal (25.77%), Fat: 33.95g (52.22%), Saturated Fat: 7.79g (48.67%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 25.37g (9.22%), Sugar: 3.99g (4.43%), Cholesterol: 65.64mg (21.88%), Sodium: 561.32mg (24.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.94%), Vitamin K: 88.44µg (84.23%), Selenium: 28.26µg (40.37%), Vitamin B3: 7.72mg (38.59%), Phosphorus: 289.14mg (28.91%), Vitamin B6: 0.47mg (23.68%), Manganese: 0.41mg (20.68%), Folate: 77.57µg (19.39%), Vitamin A: 944.71IU (18.89%), Fiber: 4.5g (17.99%), Potassium: 625.24mg (17.86%), Calcium: 165.79mg (16.58%), Vitamin E: 2.38mg (15.86%), Vitamin C: 12mg (14.55%), Magnesium: 55.38mg (13.84%), Zinc: 1.88mg (12.53%), Vitamin B2: 0.21mg (12.35%), Vitamin B5: 1.18mg (11.85%), Copper: 0.22mg (11.09%), Iron: 1.69mg (9.39%), Vitamin B1: 0.13mg (8.68%), Vitamin B12: 0.41µg (6.8%), Vitamin D: 0.19µg (1.28%)