



## Spicy Chicken and Bow Tie Pasta Salad

READY IN



25 min.

SERVINGS



5

CALORIES



598 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3.5 cups farfalle pasta uncooked (farfalle)
- 1 cup mayonnaise
- 4 oz chilis green chopped canned
- 9 oz chicken breast strips/pre-cooked/chopped frozen thawed cooked cut into bite-sized pieces southwestern-flavored
- 1 cup tomatoes chopped
- 1 cup bell pepper red chopped
- 0.5 cup cheese shredded taco-flavored
- 0.3 cup spring onion sliced

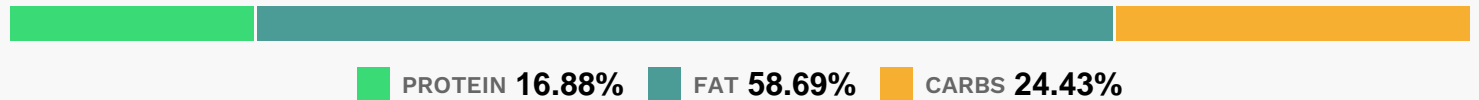
# Equipment

- bowl

# Directions

- Cook pasta as directed on package.
- Drain. Rinse with cold water to cool; drain well.
- Meanwhile, in large serving bowl, combine mayonnaise and green chiles; mix well.
- Add chicken, tomatoes, bell pepper and cheese.
- Add cooked pasta to chicken mixture; toss gently to coat.
- Serve immediately, or cover and refrigerate until serving time.
- Sprinkle with green onions.

# Nutrition Facts



# Properties

Glycemic Index:44.2, Glycemic Load:13.56, Inflammation Score:-8, Nutrition Score:21.327826199324%

# Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

# Nutrients (% of daily need)

Calories: 597.73kcal (29.89%), Fat: 38.69g (59.52%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 33.39g (12.14%), Sugar: 3.64g (4.05%), Cholesterol: 71.04mg (23.68%), Sodium: 488.51mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.03g (50.06%), Vitamin K: 87.64µg (83.47%), Selenium: 43.69µg (62.41%), Vitamin C: 50.92mg (61.72%), Vitamin B3: 8.36mg (41.8%), Vitamin A: 1375.25IU (27.5%), Phosphorus: 264.03mg (26.4%), Vitamin B6: 0.51mg (25.72%), Manganese: 0.48mg (23.78%), Vitamin E: 2.33mg (15.56%), Magnesium: 48.51mg (12.13%), Potassium: 414.7mg (11.85%), Folate: 46.25µg (11.56%), Fiber: 2.84g (11.37%), Zinc: 1.66mg (11.08%), Iron: 1.8mg (10.02%), Vitamin B2: 0.17mg (9.73%), Calcium: 93.45mg (9.34%), Copper: 0.18mg (9.15%), Vitamin B5: 0.91mg (9.1%), Vitamin B12: 0.48µg (8.04%), Vitamin B1: 0.11mg

(7.57%), Vitamin D: 0.19 $\mu$ g (1.24%)