



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

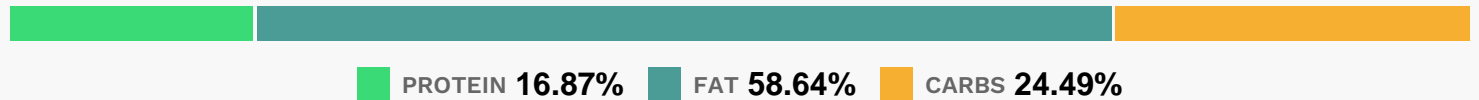
# Equipment

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:21.445217474647%

# 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: 598.33kcal (29.92%), Fat: 38.7g (59.53%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 33.47g (12.17%), Sugar: 3.64g (4.05%), Cholesterol: 71.04mg (23.68%), Sodium: 499.76mg (21.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin K: 87.64µg (83.47%), Vitamin C: 51.89mg (62.9%), Selenium: 43.7µg (62.43%), Vitamin B3: 8.38mg (41.89%), Vitamin A: 1378.82IU (27.58%), Phosphorus: 264.34mg (26.43%), Vitamin B6: 0.52mg (25.89%), Manganese: 0.48mg (23.78%), Vitamin E: 2.33mg (15.56%), Magnesium: 48.62mg (12.16%), Folate: 47.78µg (11.95%), Potassium: 417.9mg (11.94%), Fiber: 2.89g (11.56%), Zinc: 1.66mg (11.1%), Iron: 1.84mg (10.23%), Vitamin B2: 0.17mg (9.78%), Calcium: 94.47mg (9.45%), Copper: 0.18mg (9.15%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.48µg (8.04%), Vitamin B1: 0.11mg (7.59%), Vitamin D:

0.19µg (1.24%)