



Steph's Summer Salad

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



597 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups broccoli florets fresh
- 2 tablespoons canola oil
- 3 spring onion sliced
- 2 servings lemon pepper to taste
- 6 ounces penne pasta dry
- 2 chicken breast halves boneless skinless

Equipment

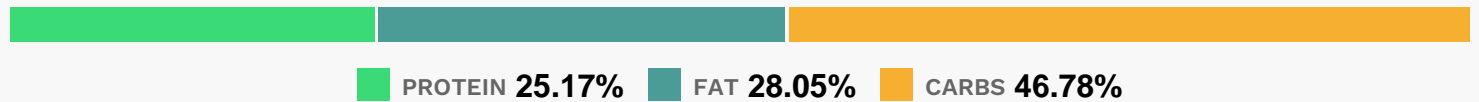
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add penne pasta and cook for 8 to 10 minutes, add broccoli a few minutes before pasta is done; drain.
- Cook the chicken in a pan, seasoning with lemon pepper as it cooks. When the chicken is no longer pink inside, cut into small pieces.
- Combine chicken to pasta-broccoli mixture. Stir in oil and sliced green onion and add lemon pepper to taste.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:26.7, Inflammation Score:-8, Nutrition Score:31.627391276152%

Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 597.33kcal (29.87%), Fat: 18.5g (28.46%), Saturated Fat: 1.99g (12.45%), Carbohydrates: 69.42g (23.14%), Net Carbohydrates: 64.43g (23.43%), Sugar: 3.85g (4.28%), Cholesterol: 72.32mg (24.11%), Sodium: 161.61mg (7.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.69%), Selenium: 91.73µg (131.04%), Vitamin K: 117.33µg (111.74%), Vitamin C: 65.62mg (79.54%), Vitamin B3: 13.76mg (68.82%), Vitamin B6: 1.1mg (54.89%), Manganese: 0.98mg (49.09%), Phosphorus: 449.9mg (44.99%), Potassium: 874.44mg (24.98%), Vitamin B5: 2.38mg (23.83%), Magnesium: 92.56mg (23.14%), Vitamin E: 3.39mg (22.6%), Fiber: 4.99g (19.96%), Folate: 74.36µg (18.59%), Copper: 0.33mg (16.3%), Vitamin B2: 0.26mg (15.2%), Zinc: 2.21mg (14.71%), Vitamin B1: 0.21mg (13.82%), Vitamin A: 639.1IU (12.78%), Iron: 2.3mg (12.77%), Calcium: 68.99mg (6.9%), Vitamin B12: 0.23µg (3.77%)