



Tangy Buffalo Chicken Pasta Salad

READY IN



60 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 stalks celery diced
- ☐ 2 cups meat from a rotisserie chicken cubed cooked
- ☐ 2 tablespoons gorgonzola cheese crumbled
- ☐ 1 green onion thinly sliced
- ☐ 0.5 cup mayonnaise foods® (such as Hellmann's®/Best)
- ☐ 2 tablespoons pepper sauce hot to taste redhot® (such as Frank's)
- ☐ 0.3 cup roasted pepper red jarred drained chopped (reserve juice)
- ☐ 8 ounce rotini pasta
- ☐ 1 teaspoon worcestershire sauce

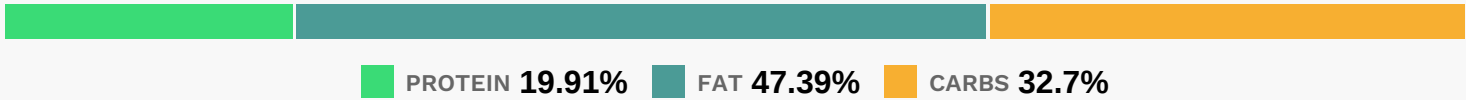
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain and cool.
- ☐ Mix pasta, chicken, celery, roasted red pepper, and 1 tablespoon of reserved roasted red pepper juice in a salad bowl. Stir mayonnaise, hot sauce, Gorgonzola cheese, and Worcestershire sauce together in a separate bowl until thoroughly combined.
- ☐ Pour dressing over pasta mixture and toss lightly to coat. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:11.479565243358%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 366.73kcal (18.34%), Fat: 19.03g (29.28%), Saturated Fat: 4.02g (25.11%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 27.97g (10.17%), Sugar: 1.52g (1.69%), Cholesterol: 46.34mg (15.45%), Sodium: 454.46mg (19.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Selenium: 36.57µg (52.24%), Vitamin K: 38.74µg (36.89%), Vitamin B3: 4.48mg (22.41%), Manganese: 0.39mg (19.39%), Phosphorus: 189.59mg (18.96%), Vitamin B6: 0.29mg (14.3%), Zinc: 1.44mg (9.6%), Vitamin C: 7.78mg (9.43%), Magnesium: 34.16mg (8.54%), Copper: 0.16mg (8.05%), Potassium: 272.62mg (7.79%), Vitamin B5: 0.77mg (7.71%), Vitamin B2: 0.13mg (7.59%), Iron: 1.3mg (7.23%), Fiber: 1.58g (6.32%), Calcium: 51.05mg (5.11%), Vitamin B1: 0.07mg (4.95%), Folate: 19.42µg (4.85%), Vitamin E: 0.72mg (4.79%), Vitamin A: 194.93IU (3.9%), Vitamin B12: 0.21µg (3.58%)