



Tropical Chicken-Pasta Salad

READY IN



80 min.

SERVINGS



6

CALORIES



748 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup planters almonds toasted chopped
- 4 stalks celery finely chopped
- 3 cups chicken breasts cooked chopped
- 2 cups green beans fresh cut
- 0.3 cup miracle whip dressing light
- 8 oz pineapple in juice crushed drained canned
- 0.3 cup lite raspberry vinaigrette dressing kraft
- 4 cups fusilli pasta whole wheat uncooked

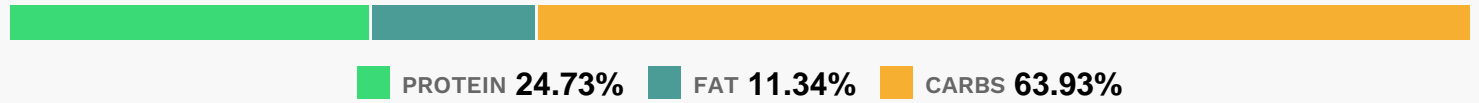
Equipment

- bowl
- sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting the salt and adding beans to the boiling water the last 4 min.; drain. Rinse with cold water; drain again.
- Place in large serving bowl.
- Add chicken, pineapple, celery and nuts; mix lightly.
- Mix dressings until well blended.
- Add to salad; toss to coat.
- Refrigerate 1 hour. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:15.656956381124%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 748.25kcal (37.41%), Fat: 9.08g (13.97%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 115.2g (38.4%), Net Carbohydrates: 98.15g (35.69%), Sugar: 15.12g (16.8%), Cholesterol: 60.46mg (20.15%), Sodium: 246.15mg

(10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.55g (89.1%), Fiber: 17.05g (68.2%), Vitamin B3: 10.28mg (51.38%), Selenium: 20.04µg (28.63%), Vitamin B6: 0.53mg (26.4%), Vitamin K: 24.05µg (22.91%), Phosphorus: 211.77mg (21.18%), Magnesium: 54.16mg (13.54%), Vitamin E: 1.94mg (12.96%), Manganese: 0.25mg (12.74%), Vitamin B2: 0.21mg (12.29%), Potassium: 421.65mg (12.05%), Vitamin C: 8.85mg (10.73%), Vitamin B1: 0.14mg (9.03%), Copper: 0.17mg (8.54%), Vitamin B5: 0.85mg (8.52%), Iron: 1.5mg (8.33%), Vitamin A: 413.72IU (8.27%), Folate: 29.01µg (7.25%), Zinc: 1.05mg (6.98%), Calcium: 57.45mg (5.74%), Vitamin B12: 0.24µg (3.97%)