



Turkey Chutney Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup mayonnaise
- 0.3 cup cream sour
- 2 tablespoons mango chutney
- 2 teaspoons curry powder
- 2 cups turkey breast cubed cooked
- 0.3 cup cashew pieces chopped
- 2 tablespoons golden raisins
- 1 spring onion finely chopped

0.3 cup cilantro leaves fresh chopped

Equipment

bowl

sauce pan

Directions

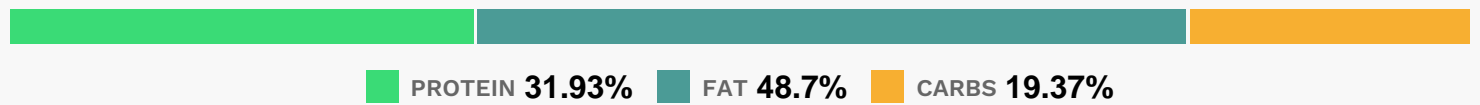
Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.

Meanwhile, in large bowl, stir together Seasoning and Crouton Blend, mayonnaise, sour cream, chutney and curry powder. Stir in turkey, cashews and raisins.

Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into salad mixture. Spoon onto serving platter. Top with green onion and cilantro.

Serve immediately, or cover and refrigerate 1 hour to chill.

Nutrition Facts



Properties

Glycemic Index:63.97, Glycemic Load:7.59, Inflammation Score:-4, Nutrition Score:16.201739093532%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 343.48kcal (17.17%), Fat: 18.96g (29.16%), Saturated Fat: 4.09g (25.59%), Carbohydrates: 16.96g (5.65%), Net Carbohydrates: 15.84g (5.76%), Sugar: 10.52g (11.68%), Cholesterol: 78.24mg (26.08%), Sodium: 347.18mg (15.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.96g (55.92%), Vitamin B3: 11.99mg (59.95%), Vitamin B6: 1mg (49.92%), Selenium: 29.76µg (42.52%), Phosphorus: 356.45mg (35.65%), Vitamin K: 36.36µg (34.62%), Magnesium: 61.12mg (15.28%), Copper: 0.29mg (14.69%), Zinc: 2.16mg (14.4%), Vitamin B2: 0.23mg (13.63%), Vitamin B12: 0.79µg (13.2%), Potassium: 453.45mg (12.96%), Manganese: 0.22mg (11.17%), Vitamin B5: 1.08mg (10.79%), Iron: 1.76mg (9.81%), Vitamin E: 0.94mg (6.27%), Vitamin B1: 0.08mg (5.63%), Calcium: 48.86mg (4.89%), Vitamin A: 231.49IU (4.63%), Fiber: 1.12g (4.49%), Folate: 17.74µg (4.44%), Vitamin C: 2.24mg (2.72%)