



## Turkey Chutney Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

2 cups turkey breast cubed cooked

## Equipment

bowl

sauce pan

## Directions

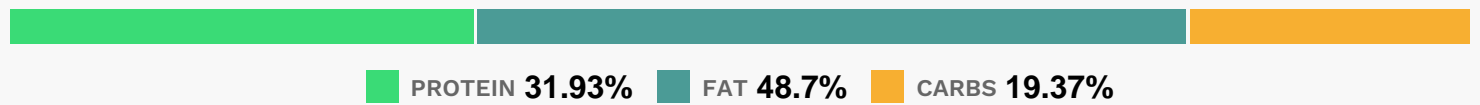
Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.

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%)