



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 crocker® suddenly salad®
- ☐ 0.3 cup cream sour

☐ 2 cups turkey breast cubed cooked

Equipment

☐ bowl

☐ sauce pan

Directions

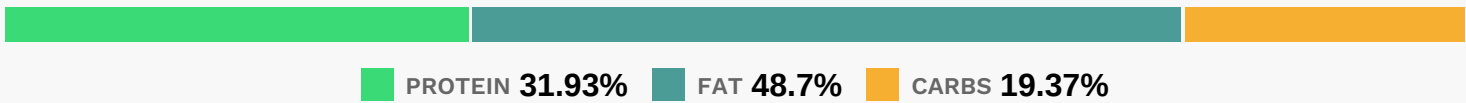
☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.

☐ 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%)