



Ultimate Chicken-Pasta Salad

READY IN



150 min.

SERVINGS



10

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup milk
- 0.3 cup mayonnaise
- 3 tablespoons sugar
- 3 tablespoons citrus champagne vinegar
- 2 teaspoons poppy seeds
- 0.5 teaspoon salt
- 0.5 teaspoon celery salt
- 0.5 teaspoon ground mustard dry
- 16 oz gemelli

- 2 cups roasted chicken diced cooked
- 1 cup cherries dried sweetened
- 0.5 cup celery sliced
- 0.5 cup slivered almonds toasted

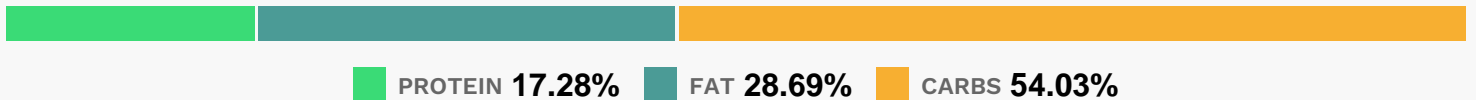
Equipment

- bowl
- whisk

Directions

- In small bowl, mix dressing ingredients with wire whisk until well blended. Cover; refrigerate until ready to use.
- Cook and drain pasta as directed on package. Rinse with cold water to cool; drain well.
- In large bowl, mix cooked pasta, chicken, cherries and celery.
- Mix dressing mixture again with wire whisk to recombine; pour over salad and toss gently to coat. Refrigerate 1 to 2 hours before serving to chill salad and blend flavors. Stir in almonds.

Nutrition Facts



Properties

Glycemic Index:24.71, Glycemic Load:16.37, Inflammation Score:-5, Nutrition Score:11.017391325987%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.59kcal (17.98%), Fat: 11.39g (17.52%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.77g (16.28%), Sugar: 11.84g (13.16%), Cholesterol: 25.11mg (8.37%), Sodium: 313.37mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.43g (30.85%), Selenium: 36.43µg (52.05%), Manganese: 0.6mg (29.78%), Phosphorus: 182.87mg (18.29%), Vitamin B3: 3.21mg (16.04%), Fiber: 3.48g (13.91%), Vitamin K: 13.73µg (13.07%), Magnesium: 48.74mg (12.19%), Vitamin E: 1.71mg (11.4%), Copper: 0.22mg (10.86%), Vitamin B6: 0.2mg (9.89%), Vitamin A: 482.57IU (9.65%), Zinc: 1.34mg (8.94%), Vitamin B2: 0.15mg (8.65%), Iron: 1.44mg (8.02%), Potassium: 238.6mg (6.82%), Calcium: 60.29mg (6.03%), Vitamin B5: 0.55mg (5.51%), Vitamin B1: 0.08mg (5.44%), Folate: 14.79µg (3.7%), Vitamin B12: 0.13µg (2.23%)