



Vegetable Pasta Salad I

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



648 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces vegetables mixed frozen
- ☐ 2 tablespoons olive oil
- ☐ 1 pound rotini pasta
- ☐ 4 servings salt and pepper to taste
- ☐ 4 chicken breast halves boneless skinless

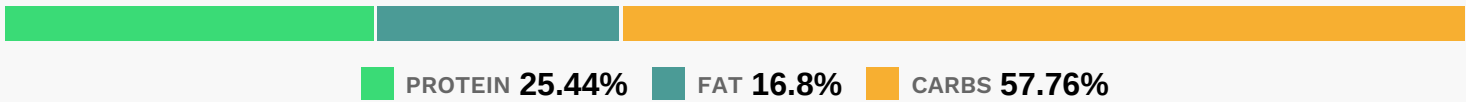
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake chicken breast halves in a preheated oven until the juices run clear. About 30 minutes if thawed, 45 minutes if frozen.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ minutes before the pasta is ready, add frozen vegetables. When pasta is cooked, remove pasta and vegetables from heat, drain.
- ☐ Cut chicken into small cubes and add to the pasta-vegetable mix. Season with olive oil, pepper, salt.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:36.45, Inflammation Score:-9, Nutrition Score:26.423043354698%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 647.69kcal (32.38%), Fat: 11.93g (18.36%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 92.31g (30.77%), Net Carbohydrates: 86.41g (31.42%), Sugar: 3.03g (3.36%), Cholesterol: 72.32mg (24.11%), Sodium: 358.46mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.67g (81.33%), Selenium: 108.05µg (154.36%), Vitamin B3: 14.42mg (72.12%), Manganese: 1.2mg (59.78%), Vitamin A: 2913.08IU (58.26%), Vitamin B6: 1.06mg (53.09%), Phosphorus: 485.07mg (48.51%), Magnesium: 103.09mg (25.77%), Fiber: 5.9g (23.59%), Potassium: 791.29mg (22.61%), Vitamin B5: 2.19mg (21.91%), Copper: 0.41mg (20.56%), Zinc: 2.51mg (16.73%), Vitamin B1: 0.24mg (16.24%), Iron: 2.47mg (13.73%), Vitamin B2: 0.23mg (13.48%), Folate: 41.37µg (10.34%), Vitamin E: 1.35mg (8.98%), Vitamin C: 7.25mg (8.79%), Calcium: 43.83mg (4.38%), Vitamin K: 4.55µg (4.34%), Vitamin B12: 0.23µg (3.77%)