



## Weeknight Pasta Salad

READY IN



80 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

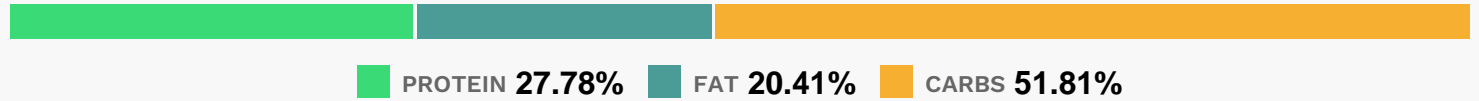
- 6 oz oscar mayer carving board flame grilled chicken breast strips chopped
- 0.5 cup miracle whip dressing
- 0.5 cup onions chopped
- 2 cups bite-size pasta uncooked
- 0.5 cup peas
- 0.5 cup pasilla peppers red chopped
- 0.3 cup tuscan house dressing italian kraft

## Equipment

## Directions

- Cook pasta as directed on package, omitting salt; drain.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:18.17, Glycemic Load:5.18, Inflammation Score:-4, Nutrition Score:6.5695652657229%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

## Nutrients (% of daily need)

Calories: 135.51kcal (6.78%), Fat: 3.04g (4.68%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 15.69g (5.71%), Sugar: 4.16g (4.63%), Cholesterol: 19.51mg (6.5%), Sodium: 216.37mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.61%), Selenium: 15.72µg (22.45%), Vitamin C: 16.31mg (19.77%), Vitamin B3: 3.47mg (17.36%), Vitamin B6: 0.21mg (10.4%), Manganese: 0.2mg (10.2%), Phosphorus: 93.83mg (9.38%), Vitamin A: 379.21IU (7.58%), Fiber: 1.66g (6.66%), Vitamin K: 6.94µg (6.6%), Magnesium: 19.59mg (4.9%), Potassium: 158.22mg (4.52%), Vitamin B1: 0.06mg (4.24%), Folate: 15.62µg (3.91%), Zinc: 0.58mg (3.88%), Copper: 0.08mg (3.83%), Iron: 0.65mg (3.6%), Vitamin B2: 0.06mg (3.28%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.4mg (2.64%), Calcium: 13.47mg (1.35%), Vitamin B12: 0.07µg (1.2%)