



Zesty Chicken-Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



849 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

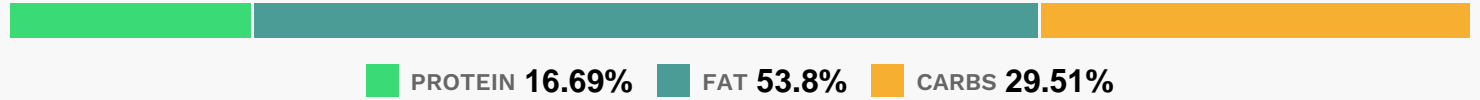
- 1 pint cherry tomatoes halved
- 2.5 cups meat from a rotisserie chicken cooked chopped
- 8 ounce elbow macaroni
- 2.3 ounce olives ripe drained sliced canned
- 9 ounce peas sweet frozen thawed
- 13 ounce peppercorn-ranch dressing
- 4 servings salt to taste

Equipment

Directions

- Cook elbow macaroni according to package directions; drain and rinse with cold water.
- Stir together macaroni and remaining ingredients; chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:31.406956397969%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 848.75kcal (42.44%), Fat: 50.48g (77.67%), Saturated Fat: 8.54g (53.38%), Carbohydrates: 62.31g (20.77%), Net Carbohydrates: 55.51g (20.19%), Sugar: 12.48g (13.87%), Cholesterol: 89.58mg (29.86%), Sodium: 1357.93mg (59.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.24g (70.48%), Vitamin K: 142.87µg (136.07%), Selenium: 62.47µg (89.24%), Vitamin C: 52.49mg (63.62%), Phosphorus: 549.18mg (54.92%), Vitamin B3: 9.91mg (49.55%), Manganese: 0.96mg (47.99%), Vitamin B6: 0.67mg (33.65%), Fiber: 6.8g (27.22%), Vitamin A: 1199.98IU (24%), Vitamin E: 3.46mg (23.07%), Potassium: 806.04mg (23.03%), Copper: 0.45mg (22.58%), Vitamin B1: 0.33mg (22.31%), Zinc: 3.25mg (21.66%), Iron: 3.89mg (21.63%), Magnesium: 86.49mg (21.62%), Vitamin B2: 0.35mg (20.83%), Vitamin B5: 2.05mg (20.53%), Folate: 75.58µg (18.9%), Calcium: 85.58mg (8.56%), Vitamin B12: 0.41µg (6.84%)