



WHATSHATE



Zesty Potluck Pasta Salad



Dairy Free

READY IN



20 min.

SERVINGS



14

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups broccoli florets frozen
- ☐ 2 cups roasted chicken cooked
- ☐ 1.5 cups grape tomatoes halved
- ☐ 0.7 cup salad dressing italian
- ☐ 2 boxes ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup water cold

Equipment

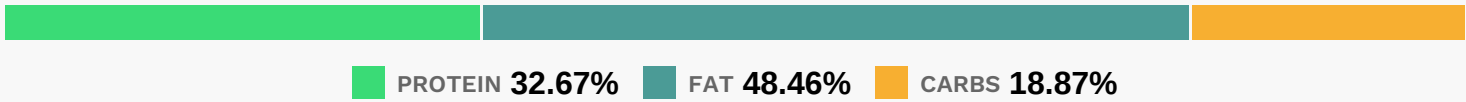
- ☐ bowl

☐ sauce pan

Directions

- ☐ Empty contents of pasta pouch (from salad mix) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally and adding broccoli during last 2 minutes of cooking.
- ☐ Meanwhile, in large bowl, stir contents of seasoning mix packet (from salad mix), the dressing and cold water until blended; set aside.
- ☐ Drain pasta with broccoli; rinse with cold water. Shake to drain well. Stir pasta with broccoli, chicken and tomatoes into dressing mixture.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.3686957203824%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 70.26kcal (3.51%), Fat: 3.79g (5.84%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.62g (0.95%), Sugar: 1.97g (2.19%), Cholesterol: 15mg (5%), Sodium: 135.7mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Vitamin K: 27.42µg (26.11%), Vitamin C: 19.63mg (23.79%), Vitamin B3: 1.81mg (9.05%), Selenium: 5.63µg (8.04%), Vitamin B6: 0.14mg (6.8%), Phosphorus: 56.78mg (5.68%), Vitamin A: 267.79IU (5.36%), Potassium: 155.01mg (4.43%), Folate: 15.95µg (3.99%), Manganese: 0.07mg (3.3%), Vitamin B2: 0.06mg (3.25%), Vitamin E: 0.48mg (3.22%), Vitamin B5: 0.32mg (3.2%), Fiber: 0.7g (2.82%), Zinc: 0.42mg (2.8%), Magnesium: 10.67mg (2.67%), Iron: 0.46mg (2.56%), Vitamin B1: 0.03mg (2.29%), Copper: 0.03mg (1.67%), Calcium: 14.84mg (1.48%)