



## 7-Layer Pasta Salad

READY IN



30 min.

SERVINGS



8

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocados diced
- 2 stalks broccoli cut into florets
- 0.5 cup buttermilk
- 8 ounces cheddar cheese shredded yellow
- 2 cups piece deli ham diced
- 4 cups farfalle pasta
- 0.3 cup chives fresh chopped
- 0.3 cup parsley fresh chopped
- 1 juice of lime

- 8 servings kosher salt
- 0.5 cup mayonnaise
- 8 servings pepper freshly ground
- 1 small head romaine lettuce sliced
- 2 tomatoes diced

## Equipment

- bowl
- whisk
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Add the pasta and cook until al dente (about 2 minutes less than the label directs), adding the broccoli during the last 4 minutes of cooking.
- Drain the pasta and broccoli and rinse under cool water; shake off the excess.
- Remove the broccoli and pat dry.
- Whisk the mayonnaise, buttermilk, 1/4 cup chives, the parsley, half of the lime juice, 1/4 teaspoon salt, and pepper to taste. Toss the pasta and a few tablespoons of the dressing in a medium bowl.
- Assemble the salad: Toss the avocados with the remaining lime juice in a large glass serving bowl and season with salt; arrange in an even layer. Top with layers of the ham, broccoli, pasta, cheese, lettuce and tomatoes.
- Drizzle some of the remaining dressing on top and sprinkle with the remaining 1 tablespoon chives, or cover and refrigerate the salad and dressing separately up to 6 hours. (Bring to room temperature before serving.)
- Photograph by Yunhee Kim

## Nutrition Facts

 PROTEIN 18.25%  FAT 58.36%  CARBS 23.39%

## Properties

Glycemic Index:46.13, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:33.451739103898%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg, Kaempferol: 3.16mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

## Nutrients (% of daily need)

Calories: 589.5kcal (29.48%), Fat: 38.83g (59.74%), Saturated Fat: 12.14g (75.9%), Carbohydrates: 35.02g (11.67%), Net Carbohydrates: 27.57g (10.02%), Sugar: 4.52g (5.03%), Cholesterol: 72.55mg (24.18%), Sodium: 1212.68mg (52.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.63%), Vitamin K: 188.87µg (179.87%), Vitamin A: 7912.97IU (158.26%), Selenium: 42.77µg (61.09%), Vitamin C: 50.39mg (61.07%), Folate: 194.65µg (48.66%), Phosphorus: 413.2mg (41.32%), Vitamin B1: 0.53mg (35.4%), Manganese: 0.62mg (30.82%), Fiber: 7.45g (29.82%), Vitamin B6: 0.58mg (28.81%), Calcium: 286.74mg (28.67%), Vitamin B2: 0.47mg (27.88%), Potassium: 929.94mg (26.57%), Zinc: 3.65mg (24.36%), Vitamin B3: 4.76mg (23.8%), Magnesium: 75.21mg (18.8%), Vitamin E: 2.56mg (17.04%), Vitamin B5: 1.67mg (16.68%), Copper: 0.33mg (16.42%), Iron: 2.53mg (14.05%), Vitamin B12: 0.76µg (12.75%), Vitamin D: 0.81µg (5.38%)