



Artichoke Asparagus Pasta Salad

READY IN



770 min.

SERVINGS



30

CALORIES



305 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 ounce water-packed artichoke hearts drained chopped canned
- ☐ 2 cups asparagus fresh trimmed cut into 1-inch pieces
- ☐ 6 ounce olives black sliced canned
- ☐ 3 cups broccoli florets fresh
- ☐ 2 cups parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 tablespoon ground pepper black
- ☐ 2 cups mayonnaise
- ☐ 0.3 cup olive oil

- ☐ 2 cups parmesan cheese grated
- ☐ 1 ounce ranch dressing mix
- ☐ 0.3 cup red wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 32 ounce tri-color pasta

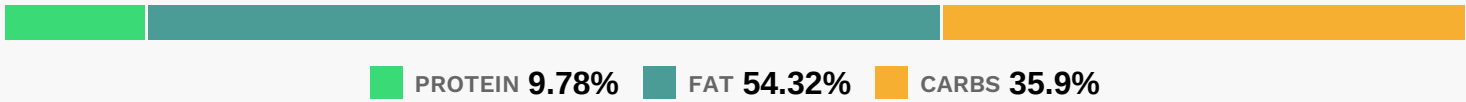
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook tri-colored pasta at a boil until tender yet slightly firm, about 10 minutes.
- ☐ Drain the pasta and rinse in cold water until chilled; drain again.
- ☐ Transfer the pasta to a very large salad bowl and toss with olive oil until coated.
- ☐ Mix broccoli florets, artichoke hearts, asparagus, parsley, spinach, and olives into the pasta until thoroughly combined.
- ☐ Stir Parmesan cheese, mayonnaise, sour cream, red wine vinegar, ranch dressing mix, black pepper, and salt together in a bowl until smooth.
- ☐ Pour the dressing over the pasta mixture and toss to coat. Cover bowl and refrigerate for 12 hours to blend flavors before serving.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:9.35, Inflammation Score:-8, Nutrition Score:13.819130416798%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 305.22kcal (15.26%), Fat: 18.38g (28.28%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 24.9g (9.06%), Sugar: 1.81g (2.01%), Cholesterol: 16.6mg (5.53%), Sodium: 601.69mg (26.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.89%), Vitamin K: 140.2µg (133.53%), Vitamin A: 1707.79IU (34.16%), Selenium: 23.14µg (33.05%), Manganese: 0.42mg (20.9%), Vitamin C: 14.54mg (17.62%), Phosphorus: 126.74mg (12.67%), Vitamin E: 1.63mg (10.84%), Calcium: 102.44mg (10.24%), Fiber: 2.44g (9.77%), Folate: 37.41µg (9.35%), Magnesium: 32.6mg (8.15%), Copper: 0.14mg (7.25%), Iron: 1.22mg (6.76%), Zinc: 0.95mg (6.33%), Vitamin B2: 0.11mg (6.23%), Potassium: 200.05mg (5.72%), Vitamin B6: 0.1mg (4.95%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.79mg (3.94%), Vitamin B5: 0.31mg (3.09%), Vitamin B12: 0.12µg (2.07%)