



Asian Noodle and Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup carrots thinly sliced
- 3 ounce japanese ramen noodles
- 2 onions red cut into strips
- 1.5 cups rotini pasta
- 1.5 cups sugar snap peas
- 0.3 cup vegetable oil
- 2 tablespoons sugar white

Equipment

bowl

pot

Directions

In a large pot with boiling salted water cook rotini pasta until al dente. Rinse with cool water.

In a large bowl combine cooked and drained rotini pasta, thawed sugar snap peas, thinly sliced carrots, and red onion.

In small bowl combine oil, sugar, and Oriental noodle flavor packet; blend well.

Pour sauce over large bowl of pasta and vegetables. Cover and refrigerate for at least 1 hour to blend flavors.

Just before serving break Oriental ramen noodles into small pieces and toss into salad.

Serve chilled.

Nutrition Facts



PROTEIN 6.8% **FAT 48.48%** **CARBS 44.72%**

Properties

Glycemic Index:38.82, Glycemic Load:12.46, Inflammation Score:-9, Nutrition Score:9.8582608207412%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 269.24kcal (13.46%), Fat: 14.68g (22.58%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.11g (10.22%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 299.34mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin A: 2050.72IU (41.01%), Vitamin K: 30.77µg (29.31%), Vitamin C: 18.09mg (21.92%), Manganese: 0.33mg (16.57%), Selenium: 11.29µg (16.12%), Vitamin B1: 0.22mg (14.67%), Folate: 38µg (9.5%), Fiber: 2.37g (9.46%), Vitamin E: 1.39mg (9.3%), Iron: 1.39mg (7.7%), Phosphorus: 72.57mg (7.26%), Vitamin B6: 0.13mg (6.58%), Vitamin B3: 1.13mg (5.64%), Potassium: 195.57mg (5.59%), Magnesium: 22.04mg (5.51%), Copper: 0.11mg (5.34%), Vitamin B2: 0.08mg (4.83%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.49mg (3.24%), Calcium: 29.79mg (2.98%)