



Asian Pasta Salad

READY IN



20 min.

SERVINGS



20

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 lb pasta cooked
- 15 slices oscar mayer deli bold brown sugar ham fresh cut into strips
- 1 bell pepper green cut into strips
- 1 small green onion sliced
- 0.3 cup miracle whip dressing
- 8 oz dole pineapple tidbits drained canned
- 2 Tbsp lite soy sauce

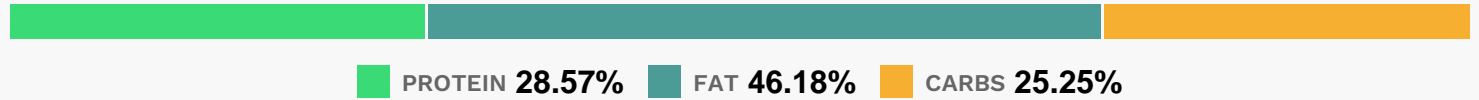
Equipment

bowl

Directions

- Mix dressing and soy sauce in large bowl.
- Add remaining ingredients; toss to coat.
- Top with onions.

Nutrition Facts



Properties

Glycemic Index:5.28, Glycemic Load:0.83, Inflammation Score:-1, Nutrition Score:3.0056521607482%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 72.71kcal (3.64%), Fat: 3.71g (5.71%), Saturated Fat: 1.3g (8.1%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.27g (2.52%), Cholesterol: 13.4mg (4.47%), Sodium: 383.7mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Vitamin B1: 0.14mg (9.57%), Selenium: 6.33µg (9.04%), Vitamin C: 5.9mg (7.15%), Vitamin B3: 1.09mg (5.46%), Vitamin B6: 0.11mg (5.41%), Phosphorus: 52.86mg (5.29%), Zinc: 0.54mg (3.63%), Vitamin B2: 0.05mg (3.21%), Potassium: 93.62mg (2.67%), Vitamin B12: 0.13µg (2.24%), Copper: 0.04mg (2.09%), Magnesium: 8.08mg (2.02%), Iron: 0.36mg (1.99%), Manganese: 0.04mg (1.89%), Fiber: 0.45g (1.81%), Vitamin B5: 0.12mg (1.15%)