



Asian Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

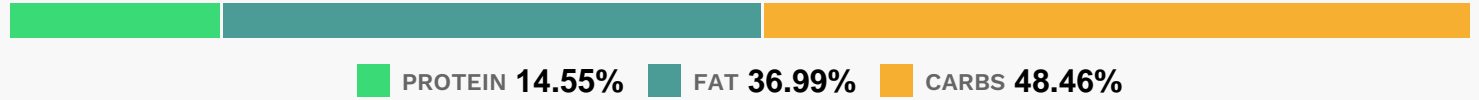
- 2 cups broccoli florets
- 3 ounces pasta like spaghetti cooked uncooked
- 1 tablespoon sesame oil dark
- 2 tablespoons soya sauce low-sodium
- 0.8 cup bell pepper red thinly sliced

Equipment

Directions

- Steam broccoli, covered, 5 minutes or until crisp-tender. Rinse under cold water.
- Combine broccoli and remaining ingredients; toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:3.94, Inflammation Score:-8, Nutrition Score:11.619130414465%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 91.83kcal (4.59%), Fat: 3.97g (6.11%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 9.51g (3.46%), Sugar: 2.11g (2.34%), Cholesterol: 0mg (0%), Sodium: 304.35mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin C: 76.35mg (92.54%), Vitamin K: 48.25µg (45.96%), Vitamin A: 1158.19IU (23.16%), Folate: 46.52µg (11.63%), Manganese: 0.23mg (11.46%), Selenium: 6.82µg (9.74%), Vitamin B6: 0.18mg (9.21%), Fiber: 2.21g (8.83%), Potassium: 240.24mg (6.86%), Phosphorus: 62.91mg (6.29%), Vitamin E: 0.89mg (5.94%), Vitamin B2: 0.1mg (5.91%), Magnesium: 22.25mg (5.56%), Iron: 0.83mg (4.62%), Vitamin B5: 0.4mg (3.99%), Vitamin B3: 0.74mg (3.7%), Vitamin B1: 0.05mg (3.66%), Zinc: 0.43mg (2.85%), Calcium: 27.23mg (2.72%), Copper: 0.05mg (2.61%)