



BLT Pasta Party Salad

 Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 oz rotini pasta uncooked
- 8 slices bacon cut into 1/2 inch pieces
- 1 cup salad dressing
- 1 tablespoon juice of lemon
- 2 teaspoons sugar
- 1 cup tomatoes seeded chopped
- 0.3 cup spring onion sliced
- 4 cups lettuce shredded

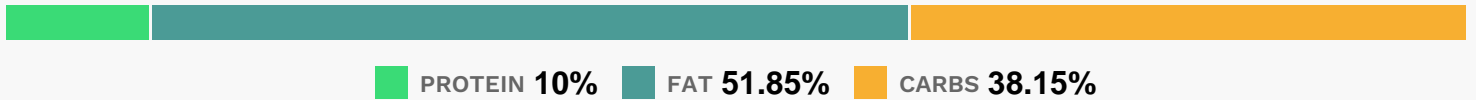
Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Cook pasta as directed on package.
- Drain; rinse with cold water to cool.
- Drain well.
- Meanwhile, in 10-inch skillet, cook bacon over medium heat 8 to 10 minutes, stirring occasionally, until crisp.
- Drain on paper towels; set aside.
- In large bowl, stir together mayonnaise, lemon juice and sugar with whisk until smooth. Stir pasta into mayonnaise mixture.
- Gently stir in bacon, tomato, and green onions. Stir in lettuce just before serving.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:3.8413043527499%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 133.96kcal (6.7%), Fat: 7.7g (11.85%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 12.75g (4.25%), Net Carbohydrates: 11.99g (4.36%), Sugar: 3.08g (3.42%), Cholesterol: 7.26mg (2.42%), Sodium: 221.94mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin K: 16.55µg (15.76%), Selenium: 10.37µg (14.82%), Manganese: 0.16mg (7.76%), Phosphorus: 47.97mg (4.8%), Vitamin A: 192.93IU (3.86%), Vitamin B3: 0.76mg (3.8%), Vitamin B1: 0.06mg (3.76%), Vitamin B6: 0.07mg (3.63%), Potassium: 114.51mg (3.27%), Vitamin E: 0.48mg (3.17%), Fiber: 0.77g (3.07%), Vitamin C: 2.5mg (3.02%), Magnesium: 11.28mg (2.82%), Copper: 0.05mg (2.74%), Folate: 10.04µg (2.51%), Zinc: 0.36mg (2.43%), Iron: 0.37mg (2.04%), Vitamin B5: 0.14mg (1.42%), Vitamin B2: 0.02mg (1.42%), Calcium: 10.42mg (1.04%)