



BLT Pasta Salad

READY IN



75 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz oscar mayer bacon crumbled cooked
- 1 cup cherry tomatoes halved
- 2 cups elbow macaroni rinsed cooked
- 4 cups lettuce shredded
- 0.5 cup miracle whip dressing
- 1 Tbsp heinz mustard yellow

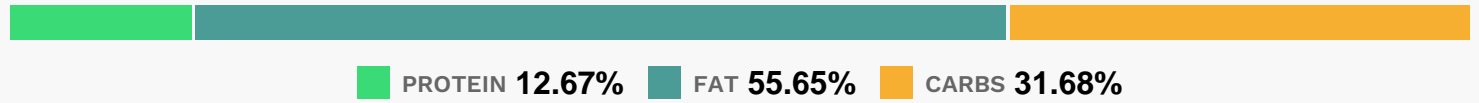
Equipment

- bowl

Directions

- Mix dressing and mustard until blended.
- Combine macaroni, bacon and tomatoes in large bowl.
- Add dressing mixture; mix lightly.
- Refrigerate 1 hour.
- Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:14.21, Glycemic Load:5.26, Inflammation Score:-3, Nutrition Score:5.3460869581803%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg 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: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 196.44kcal (9.82%), Fat: 12.14g (18.68%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 13.97g (5.08%), Sugar: 3.04g (3.37%), Cholesterol: 20.15mg (6.72%), Sodium: 339.89mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Selenium: 15.7µg (22.44%), Manganese: 0.19mg (9.41%), Vitamin K: 9.23µg (8.79%), Phosphorus: 76.36mg (7.64%), Vitamin B1: 0.11mg (7.35%), Vitamin B3: 1.43mg (7.17%), Vitamin C: 5.26mg (6.38%), Fiber: 1.58g (6.3%), Vitamin B6: 0.12mg (6.18%), Vitamin A: 294.61IU (5.89%), Potassium: 173.52mg (4.96%), Zinc: 0.61mg (4.03%), Folate: 15.44µg (3.86%), Magnesium: 14.8mg (3.7%), Copper: 0.07mg (3.56%), Iron: 0.61mg (3.41%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.26mg (2.59%), Vitamin B12: 0.14µg (2.36%), Vitamin E: 0.32mg (2.12%), Calcium: 14.53mg (1.45%)