



BLT Pasta Salad with Ranch Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.3 cups shells uncooked
- 4 slices bacon
- 2 cups cherry tomatoes sliced cut in half or 3 roma tomatoes,
- 0.5 cup ranch dressing reduced-calorie
- 6 leaves lettuce

Equipment

- bowl
- frying pan

paper towels

Directions

- Cook and drain pasta as directed on package, omitting salt. Rinse with cold water; drain well.
- Meanwhile, in 10-inch nonstick skillet, cook bacon over medium heat about 4 minutes, turning occasionally, until crisp.
- Drain on paper towels. Crumble into small pieces or cut into thirds.
- In large bowl, mix pasta, onion and tomatoes; toss gently with dressing to coat.
- Place lettuce leaf on each of 6 salad plates; divide pasta mixture evenly along plates.
- Sprinkle each with bacon.

Nutrition Facts

  
 **PROTEIN 9.19%**  **FAT 58.08%**  **CARBS 32.73%**

Properties

Glycemic Index:12.33, Glycemic Load:6.3, Inflammation Score:-4, Nutrition Score:7.1234782467718%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 234.51kcal (11.73%), Fat: 15.1g (23.23%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 18.04g (6.56%), Sugar: 2.89g (3.21%), Cholesterol: 14.88mg (4.96%), Sodium: 284.81mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Vitamin K: 30.14µg (28.7%), Selenium: 17.07µg (24.39%), Vitamin C: 11.55mg (14%), Manganese: 0.26mg (13.16%), Phosphorus: 113.2mg (11.32%), Vitamin B3: 1.23mg (6.14%), Potassium: 207.85mg (5.94%), Vitamin A: 296.06IU (5.92%), Vitamin B6: 0.12mg (5.86%), Vitamin B1: 0.08mg (5.56%), Vitamin E: 0.82mg (5.48%), Copper: 0.11mg (5.47%), Magnesium: 18.83mg (4.71%), Fiber: 1.11g (4.44%), Iron: 0.76mg (4.23%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.58mg (3.88%), Folate: 13.33µg (3.33%), Vitamin B2: 0.05mg (3.22%), Vitamin B12: 0.11µg (1.79%), Calcium: 17.61mg (1.76%)