



Bow Tie and Broccoli Salad



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 4 large stalks broccoli fresh chilled cooked drained chopped
- ☐ 4 cups farfalle pasta chilled cooked drained
- ☐ 0.5 cup golden raisins
- ☐ 0.7 cup mayonnaise
- ☐ 1 tablespoon sesame oil
- ☐ 3 tablespoons sesame seed
- ☐ 0.3 cup sunflower seeds

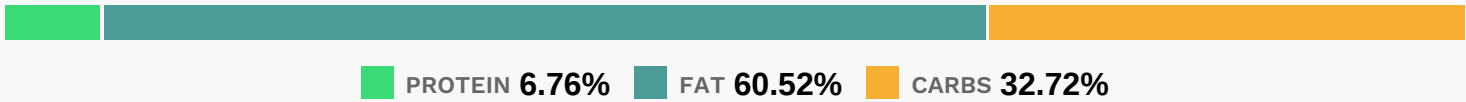
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a skillet, heat sesame oil and sauté raisins, stirring frequently.
- ☐ Remove with a slotted spoon, and set aside in a small bowl. Quickly sauté sunflower and sesame seeds in remaining oil, stirring frequently, and remove to another small bowl.
- ☐ In a large bowl, toss broccoli, bow ties, raisins, and mayonnaise, combining thoroughly. Just before serving, toss with sunflower and sesame seeds.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:40.36, Glycemic Load:15.26, Inflammation Score:-3, Nutrition Score:11.162608756967%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 401.48kcal (20.07%), Fat: 27.46g (42.25%), Saturated Fat: 3.99g (24.96%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 30.56g (11.11%), Sugar: 7.9g (8.77%), Cholesterol: 10.45mg (3.48%), Sodium: 161.51mg (7.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.81%), Vitamin K: 41.99µg (39.99%), Selenium: 24.12µg (34.46%), Manganese: 0.5mg (25.25%), Vitamin E: 3.54mg (23.59%), Copper: 0.41mg (20.74%), Magnesium: 55.21mg (13.8%), Phosphorus: 133.68mg (13.37%), Iron: 2.13mg (11.81%), Fiber: 2.85g (11.4%), Vitamin B1: 0.16mg (10.63%), Vitamin B6: 0.21mg (10.38%), Zinc: 1.11mg (7.41%), Folate: 27.61µg (6.9%), Vitamin B3: 1.22mg (6.09%),

Calcium: 58.32mg (5.83%), Potassium: 194.18mg (5.55%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.23mg (2.27%), Vitamin C: 1.09mg (1.32%)