

Broccoli Pasta Slaw

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



400 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce broccoli slaw shredded
- ☐ 0.3 teaspoon cayenne
- ☐ 3 tablespoons cider vinegar
- ☐ 0.5 pound bow tie pasta cooled cooked
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup lowfat yogurt plain
- ☐ 5 servings salt and pepper black freshly ground

- ☐ 1 cup slivered almonds
- ☐ 1 tablespoon sugar

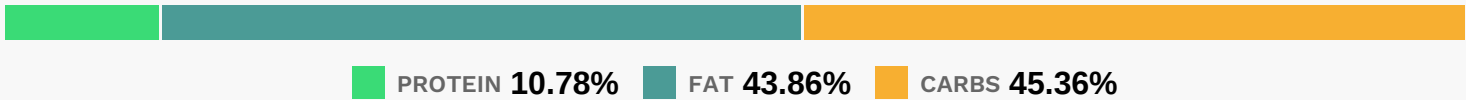
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta in boiling salted water until al dente. Cool.
- ☐ Add pasta, broccoli slaw, slivered almonds and dried cranberries to a large bowl. In a separate bowl, whisk together yogurt, mayonnaise, cider vinegar, sugar, cayenne, and salt and pepper.
- ☐ Add the dressing to the broccoli and stir to combine. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:8.35, Inflammation Score:-8, Nutrition Score:20.20043477416%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 400.09kcal (20%), Fat: 20.57g (31.64%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 43.02g (15.64%), Sugar: 23.02g (25.58%), Cholesterol: 6.17mg (2.06%), Sodium: 115.17mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin C: 84.87mg (102.87%), Manganese: 0.95mg (47.53%), Vitamin E: 6.47mg (43.14%), Vitamin B2: 0.43mg (25.07%), Selenium: 16.83µg

(24.04%), Magnesium: 95.18mg (23.8%), Phosphorus: 230.82mg (23.08%), Folate: 80.47µg (20.12%), Fiber: 4.85g (19.42%), Vitamin K: 20.39µg (19.42%), Copper: 0.33mg (16.59%), Potassium: 554.53mg (15.84%), Calcium: 153.98mg (15.4%), Iron: 2.35mg (13.08%), Vitamin B6: 0.22mg (11.05%), Zinc: 1.53mg (10.23%), Vitamin B5: 0.86mg (8.56%), Vitamin B3: 1.71mg (8.56%), Vitamin B1: 0.13mg (8.52%), Vitamin A: 425.02IU (8.5%), Vitamin B12: 0.15µg (2.51%)