



## Caesar Pasta Salad with Kale

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

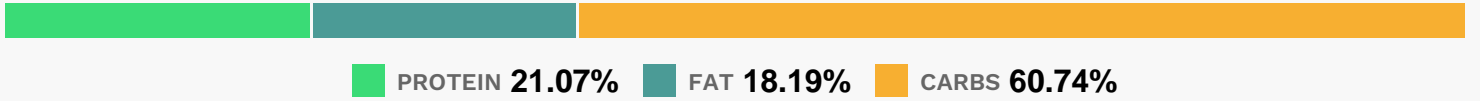
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 serving vegetable oil for on salad mix box
- 4 cups curly kale leaves green chopped
- 19 oz cannellini beans rinsed drained canned

### Equipment

### Directions

- Make pasta salad as directed on box.
- Stir in kale. Top with beans. Refrigerate 30 minutes before serving. Cover and refrigerate any remaining salad.

## Nutrition Facts



### Properties

Glycemic Index:5.17, Glycemic Load:4.56, Inflammation Score:-8, Nutrition Score:10.282608672329%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

### Nutrients (% of daily need)

Calories: 127.15kcal (6.36%), Fat: 2.63g (4.05%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 19.78g (6.59%), Net Carbohydrates: 15.15g (5.51%), Sugar: 0.46g (0.51%), Cholesterol: 0mg (0%), Sodium: 13.61mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.73%), Vitamin A: 1778.48IU (35.57%), Vitamin K: 37.13µg (35.37%), Manganese: 0.52mg (26.12%), Fiber: 4.63g (18.51%), Folate: 67.79µg (16.95%), Iron: 2.9mg (16.09%), Potassium: 454.55mg (12.99%), Magnesium: 48.9mg (12.23%), Copper: 0.22mg (10.76%), Phosphorus: 88.65mg (8.87%), Calcium: 74.24mg (7.42%), Zinc: 1.05mg (6.99%), Vitamin B1: 0.1mg (6.87%), Vitamin E: 0.95mg (6.35%), Vitamin B6: 0.09mg (4.45%), Vitamin B2: 0.05mg (3.08%), Vitamin C: 2.21mg (2.68%), Selenium: 1.58µg (2.26%), Vitamin B5: 0.2mg (1.98%)