



Citrus-Pasta Salad

 Vegetarian

READY IN



80 min.

SERVINGS



2

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 9 oz broccoli frozen
- 0.8 cup shell pasta cooked
- 1 medium cranberry-orange relish peeled seeded
- 1 tablespoon orange juice
- 1 teaspoon orange zest grated
- 2 large radishes sliced
- 0.3 cup mayonnaise fat-free
- 0.3 teaspoon salt

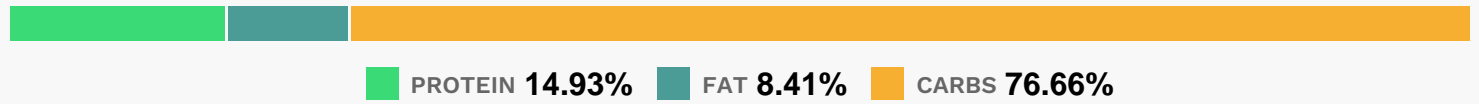
Equipment

bowl

Directions

- Cook and drain broccoli as directed on package. Rinse with cold water to cool; drain.
- In medium bowl, mix mayonnaise, orange peel, orange juice and salt. Stir in pasta, radishes, orange sections and broccoli.
- Cover and refrigerate at least 1 hour until chilled.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:11.64, Inflammation Score:-9, Nutrition Score:19.749999979268%

Flavonoids

Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg Naringenin: 10.22mg, Naringenin: 10.22mg, Naringenin: 10.22mg, Naringenin: 10.22mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 10.16mg, Kaempferol: 10.16mg, Kaempferol: 10.16mg, Kaempferol: 10.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 181.67kcal (9.08%), Fat: 1.81g (2.79%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 37.16g (12.39%), Net Carbohydrates: 30.58g (11.12%), Sugar: 12.42g (13.8%), Cholesterol: 2.6mg (0.87%), Sodium: 564.43mg (24.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.47%), Vitamin C: 155.58mg (188.59%), Vitamin K: 137.38µg (130.84%), Folate: 108.53µg (27.13%), Fiber: 6.58g (26.33%), Selenium: 16.55µg (23.64%), Manganese: 0.46mg (22.79%), Vitamin A: 963.98IU (19.28%), Potassium: 597.43mg (17.07%), Vitamin B6: 0.3mg (14.9%), Phosphorus: 126.54mg (12.65%), Vitamin B2: 0.2mg (11.54%), Magnesium: 44.76mg (11.19%), Vitamin B1: 0.17mg (11.15%), Vitamin B5: 0.99mg (9.85%), Calcium: 96.28mg (9.63%), Iron: 1.71mg (9.52%), Copper: 0.16mg (7.79%), Vitamin E: 1.16mg (7.73%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.86mg (5.76%)