

Citrus Pasta Salad



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



1

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 oz broccoli frozen thawed drained
- ☐ 0.8 cup shell pasta cooked
- ☐ 1 cranberry-orange relish peeled seeded
- ☐ 1 tablespoon orange juice
- ☐ 1 teaspoon orange zest grated
- ☐ 2 large radishes sliced
- ☐ 0.3 cup salad dressing
- ☐ 0.3 teaspoon salt

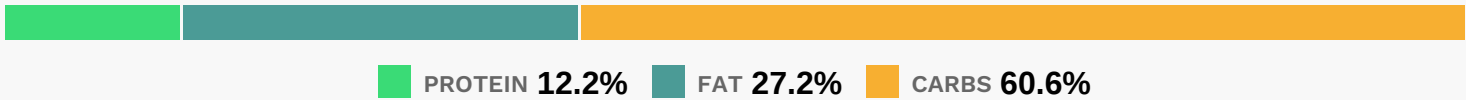
Equipment

☐ bowl

Directions

- ☐ Mix mayonnaise, orange peel, orange juice and salt in 2-quart bowl. Stir in remaining ingredients.
- ☐ Cover and refrigerate at least 1 hour until chilled.

Nutrition Facts



Properties

Glycemic Index:207, Glycemic Load:23.28, Inflammation Score:-10, Nutrition Score:31.297391269518%

Flavonoids

Pelargonidin: 11.36mg, Pelargonidin: 11.36mg, Pelargonidin: 11.36mg, Pelargonidin: 11.36mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Eriodictyol: 0.03mg Hesperetin: 37.73mg, Hesperetin: 37.73mg, Hesperetin: 37.73mg, Hesperetin: 37.73mg Naringenin: 20.43mg, Naringenin: 20.43mg, Naringenin: 20.43mg, Naringenin: 20.43mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Kaempferol: 20.33mg, Kaempferol: 20.33mg, Kaempferol: 20.33mg, Kaempferol: 20.33mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg, Quercetin: 8.95mg

Nutrients (% of daily need)

Calories: 455.84kcal (22.79%), Fat: 14.46g (22.25%), Saturated Fat: 2.23g (13.91%), Carbohydrates: 72.48g (24.16%), Net Carbohydrates: 60.41g (21.97%), Sugar: 25.24g (28.04%), Cholesterol: 0mg (0%), Sodium: 1257.18mg (54.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.19%), Vitamin C: 311.4mg (377.46%), Vitamin K: 293.4µg (279.43%), Folate: 217.07µg (54.27%), Selenium: 34.1µg (48.71%), Fiber: 12.07g (48.27%), Manganese: 0.92mg (45.85%), Vitamin A: 1949.12IU (38.98%), Potassium: 1215.92mg (34.74%), Vitamin B6: 0.63mg (31.68%), Phosphorus: 259.01mg (25.9%), Vitamin E: 3.58mg (23.89%), Vitamin B1: 0.35mg (23.08%), Magnesium: 91.29mg (22.82%), Vitamin B2: 0.38mg (22.61%), Vitamin B5: 1.97mg (19.7%), Calcium: 196.73mg (19.67%), Iron: 3.51mg (19.5%), Copper: 0.31mg (15.57%), Vitamin B3: 2.6mg (12.99%), Zinc: 1.74mg (11.61%)