



Club Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 0.5 cup mayonnaise
- 1.5 cups turkey cooked
- 0.5 cup cherry tomatoes cut into fourths
- 0.5 cup cheddar cheese
- 4 cups lettuce

Equipment

- bowl

sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally, until tender.
- Drain pasta. Rinse with cold water. Shake to drain well.
- Stir Seasoning mix and mayonnaise in large bowl. Stir in pasta and remaining ingredients except lettuce.
- Serve on lettuce. Refrigerate leftovers (if desired, moisten with a few teaspoons milk before serving).

Nutrition Facts

 **PROTEIN 15.82%**  **FAT 79.77%**  **CARBS 4.41%**

Properties

Glycemic Index:27.25, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:10.545217405195%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 314.89kcal (15.74%), Fat: 27.97g (43.04%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.13g (2.36%), Cholesterol: 52.72mg (17.57%), Sodium: 324.78mg (14.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Vitamin K: 63.85µg (60.81%), Selenium: 12.75µg (18.21%), Phosphorus: 158.4mg (15.84%), Vitamin B3: 3.04mg (15.2%), Vitamin B6: 0.28mg (14.01%), Vitamin A: 635.05IU (12.7%), Calcium: 121.31mg (12.13%), Vitamin B12: 0.64µg (10.63%), Vitamin B2: 0.16mg (9.33%), Zinc: 1.36mg (9.05%), Vitamin E: 1.29mg (8.61%), Folate: 30.76µg (7.69%), Vitamin C: 6.27mg (7.6%), Potassium: 242.72mg (6.93%), Manganese: 0.12mg (5.87%), Magnesium: 20.13mg (5.03%), Vitamin B5: 0.5mg (4.98%), Iron: 0.83mg (4.62%), Vitamin B1: 0.06mg (4.07%), Fiber: 1g (4.02%), Copper: 0.07mg (3.53%), Vitamin D: 0.25µg (1.68%)