



Cold Pasta Primavera Salad

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



719 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup broccoli florets frozen steamed
- ☐ 1 cup cherry tomato halves
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup radishes sliced
- ☐ 1 cup salad dressing & seasoning mix hidden valley® original ranch®
- ☐ 1 bell pepper green red cut into small chunks
- ☐ 16 ounce rotini pasta corkscrew
- ☐ 3 tablespoons vegetable oil

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2 medium zucchini cut into 1/4 inch slices

Equipment

☐

bowl

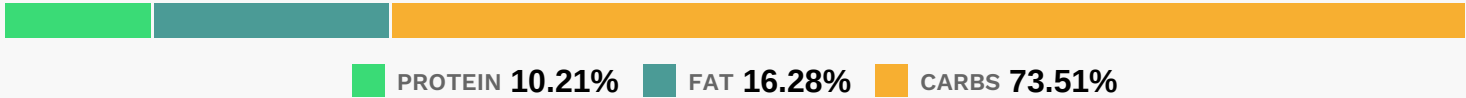
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whisk

Directions

- ☐ Cook pasta according to package directions. Rinse with cool water and drain well.
- ☐ In a small bowl whisk the oil together with the seasoning mix until emulsified. In a large bowl, combine the pasta with the remaining ingredients.
- ☐ Pour the dressing over the pasta and toss until well coated. Chill covered for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:35, Inflammation Score:-8, Nutrition Score:26.521304296411%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 718.67kcal (35.93%), Fat: 12.44g (19.14%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 126.38g (42.13%), Net Carbohydrates: 119.86g (43.58%), Sugar: 8.07g (8.96%), Cholesterol: 0mg (0%), Sodium: 4470.82mg (194.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.1%), Selenium: 72.78µg (103.97%), Vitamin C: 74.74mg (90.6%), Vitamin K: 75.6µg (72%), Manganese: 1.37mg (68.33%), Phosphorus: 290.48mg (29.05%), Fiber: 6.52g (26.09%), Vitamin B6: 0.47mg (23.73%), Magnesium: 92.8mg (23.2%), Copper: 0.46mg (22.8%), Potassium: 782.1mg (22.35%), Folate: 77.71µg (19.43%), Vitamin A: 755.6IU (15.11%), Vitamin B3: 2.96mg (14.79%), Zinc: 2.19mg (14.57%), Iron: 2.59mg (14.41%), Vitamin B1: 0.2mg (13.42%), Vitamin B2: 0.22mg (12.88%), Vitamin E: 1.64mg (10.94%), Vitamin B5: 0.93mg (9.3%), Calcium: 69.88mg (6.99%)