



Confetti Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon optional: dill fresh chopped
- ☐ 1.5 cups peas green shelled
- ☐ 2 cups .5 oz. macaroni uncooked
- ☐ 0.5 cup yogurt plain
- ☐ 0.8 cup ranch dressing low-fat
- ☐ 0.5 cup bell pepper diced red
- ☐ 3 ounces sharp cheddar cheese cubed reduced-fat
- ☐ 0.5 cup bell pepper diced yellow

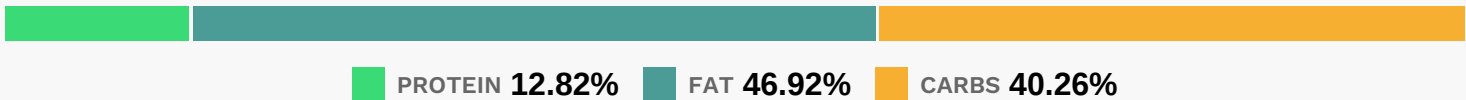
Equipment

☐ bowl

Directions

- ☐ Combine the ranch dressing, yogurt, and dillweed in a large bowl; stir well, and set dressing mixture aside.
- ☐ Cook macaroni in boiling water for 5 minutes.
- ☐ Add peas, and cook an additional 3 minutes; drain well.
- ☐ Add the macaroni mixture, bell peppers, and cheese cubes to dressing mixture, tossing to coat. Cover and chill. Stir before serving.
- ☐ Garnish with dillweed, if desired.

Nutrition Facts



Properties

Glycemic Index:19.72, Glycemic Load:1.65, Inflammation Score:-7, Nutrition Score:16.251304294752%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 364.07kcal (18.2%), Fat: 18.94g (29.14%), Saturated Fat: 4.97g (31.04%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 33.01g (12.01%), Sugar: 6.53g (7.26%), Cholesterol: 22.38mg (7.46%), Sodium: 383.39mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.29%), Vitamin C: 53.38mg (64.7%), Vitamin K: 50.21µg (47.82%), Selenium: 28.62µg (40.88%), Phosphorus: 264.29mg (26.43%), Manganese: 0.51mg (25.66%), Vitamin A: 847.06IU (16.94%), Calcium: 167.93mg (16.79%), Fiber: 3.56g (14.24%), Vitamin B2: 0.22mg (12.88%), Zinc: 1.76mg (11.76%), Folate: 45.45µg (11.36%), Magnesium: 42.71mg (10.68%), Vitamin B1: 0.16mg (10.44%), Vitamin B6: 0.2mg (9.88%), Copper: 0.19mg (9.69%), Potassium: 301.32mg (8.61%), Vitamin B3: 1.63mg (8.17%), Vitamin E: 1.05mg (7.03%), Iron: 1.23mg (6.84%), Vitamin B5: 0.68mg (6.78%), Vitamin B12: 0.33µg (5.43%)