



## Confetti Spaghetti Salad

 Vegetarian  Vegan  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups savory vegetable mixed frozen
- 0.5 cup salad dressing italian
- 0.3 cup onion red coarsely chopped
- 7 oz pasta like spaghetti
- 1 medium tomatoes chopped

### Equipment

- bowl

## Directions

- Cook spaghetti as directed on package, adding frozen mixed vegetables during last 5 to 7 minutes of cooking time; cook until mixed vegetables are tender.
- Drain; rinse with cold water to cool.
- Drain well.
- In medium bowl, gently toss cooled cooked spaghetti and vegetables, and remaining ingredients to coat. Cover; refrigerate at least 1 hour to blend flavors before serving.

## Nutrition Facts

 PROTEIN **12.22%**  FAT **20.6%**  CARBS **67.18%**

## Properties

Glycemic Index:19, Glycemic Load:9.64, Inflammation Score:-9, Nutrition Score:8.1752174626226%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Nutrients (% of daily need)

Calories: 161.17kcal (8.06%), Fat: 3.75g (5.76%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 24.61g (8.95%), Sugar: 2.86g (3.18%), Cholesterol: 0mg (0%), Sodium: 169.69mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin A: 2443.95IU (48.88%), Selenium: 16.18µg (23.11%), Manganese: 0.37mg (18.35%), Fiber: 2.88g (11.53%), Vitamin K: 9.48µg (9.03%), Vitamin C: 7.27mg (8.81%), Phosphorus: 81.07mg (8.11%), Magnesium: 26.99mg (6.75%), Copper: 0.13mg (6.39%), Potassium: 207.85mg (5.94%), Vitamin B1: 0.09mg (5.92%), Vitamin B3: 1.11mg (5.54%), Vitamin B6: 0.11mg (5.33%), Folate: 20.92µg (5.23%), Iron: 0.84mg (4.69%), Zinc: 0.6mg (4%), Vitamin B2: 0.06mg (3.4%), Vitamin E: 0.43mg (2.89%), Calcium: 21.18mg (2.12%), Vitamin B5: 0.2mg (2.01%)