



Crab Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



689 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 head broccoli fresh cut into florets
- 1 head cauliflower
- 0.5 cup chives fresh chopped
- 8 ounces imitation crabmeat
- 2 tomatoes chopped
- 12 ounces tri-color spiral pasta uncooked
- 2 cups balsamic vinaigrette salad dressing

Equipment

bowl

Directions

Cook pasta in boiling salted water until al dente.

Drain and rinse.

In a large bowl combine the broccoli, cauliflower, tomatoes, chives, crabmeat and pasta.

Pour entire bottle of oil and vinegar salad dressing over all and toss to coat.

Nutrition Facts

 **PROTEIN 8.29%**  **FAT 55.27%**  **CARBS 36.44%**

Properties

Glycemic Index:31.5, Glycemic Load:19.69, Inflammation Score:-9, Nutrition Score:26.516956826915%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 8.66mg, Kaempferol: 8.66mg, Kaempferol: 8.66mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 688.73kcal (34.44%), Fat: 43.36g (66.7%), Saturated Fat: 8g (49.98%), Carbohydrates: 64.3g (21.43%), Net Carbohydrates: 56.95g (20.71%), Sugar: 9.54g (10.6%), Cholesterol: 4.16mg (1.39%), Sodium: 281.01mg (12.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Vitamin K: 210.94µg (200.9%), Vitamin C: 144.13mg (174.71%), Selenium: 40.31µg (57.58%), Manganese: 0.94mg (47.02%), Folate: 138.32µg (34.58%), Vitamin E: 5mg (33.33%), Fiber: 7.36g (29.43%), Potassium: 846.9mg (24.2%), Vitamin B6: 0.47mg (23.58%), Phosphorus: 227.98mg (22.8%), Vitamin A: 1117.94IU (22.36%), Magnesium: 71.62mg (17.9%), Vitamin B5: 1.51mg (15.12%), Copper: 0.28mg (14.02%), Vitamin B2: 0.22mg (13.04%), Vitamin B1: 0.19mg (12.58%), Vitamin B3: 2.36mg (11.81%), Iron: 2.04mg (11.35%), Zinc: 1.56mg (10.41%), Calcium: 87.78mg (8.78%)