



Cranberry, Bacon and Blue Cheese Pasta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



563 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7.5 oz ranch seasoning betty suddenly salad®
- 6 slices bacon cut into 1/2 inch slices
- 0.8 cup pomegranate juice
- 0.3 cup vegetable oil
- 3 cups the of 1 cos lettuce chopped (6 leaves)
- 1 cup cranberries dried sweetened
- 1 cup pecans toasted coarsely chopped

- 0.5 cup celery sliced
- 0.3 cup onion red thinly sliced
- 1 cup cheese blue crumbled

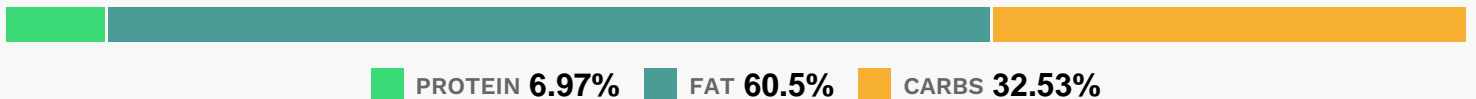
Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered, 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- Meanwhile, in 10-inch nonstick skillet, cook bacon over medium heat 6 to 8 minutes or until crisp.
- Drain on paper towels.
- In small bowl, combine Seasoning mix from packet, juice and oil. In large bowl, stir together cooked pasta and remaining ingredients except cheese.
- Just before serving, toss salad with dressing and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:14.69086976155%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg,

Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 563.27kcal (28.16%), Fat: 37.76g (58.09%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 42.05g (15.29%), Sugar: 20.19g (22.43%), Cholesterol: 31.4mg (10.47%), Sodium: 3074.94mg (133.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.57%), Manganese: 0.96mg (48.08%), Vitamin K: 49.24µg (46.9%), Vitamin A: 2274.81IU (45.5%), Phosphorus: 185.76mg (18.58%), Calcium: 151.02mg (15.1%), Fiber: 3.63g (14.5%), Vitamin B1: 0.22mg (14.48%), Folate: 56.25µg (14.06%), Copper: 0.27mg (13.66%), Selenium: 8.76µg (12.52%), Zinc: 1.81mg (12.06%), Vitamin E: 1.75mg (11.64%), Potassium: 345.06mg (9.86%), Magnesium: 37.89mg (9.47%), Vitamin B2: 0.16mg (9.45%), Vitamin B6: 0.19mg (9.42%), Vitamin B5: 0.87mg (8.65%), Vitamin B3: 1.62mg (8.1%), Vitamin B12: 0.38µg (6.41%), Iron: 0.99mg (5.53%), Vitamin C: 2.13mg (2.58%), Vitamin D: 0.2µg (1.34%)