



Creamy Black and Blue Pasta Salad

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



489 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 7.5 oz ranch seasoning betty suddenly salad®
- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup cream sour
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup grape tomatoes cut in half
- ☐ 1 bell pepper red chopped
- ☐ 0.3 cup onion red finely chopped

- ☐ 6 oz bacon refrigerated chopped
- ☐ 6 oz baby spinach fresh

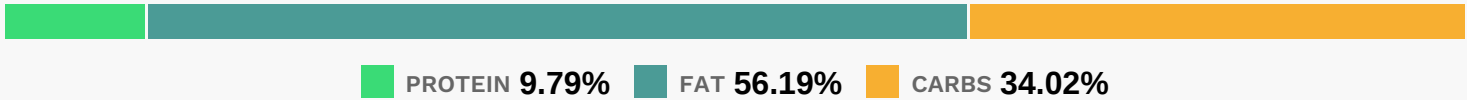
Equipment

- ☐ bowl
- ☐ 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 large bowl, combine Seasoning mix from packet, mayonnaise, sour cream, blue cheese and lemon juice. Stir in remaining ingredients except spinach. Refrigerate at least 1 hour.
- ☐ Just before serving, place 2 cups of the spinach on each of 4 plates; divide pasta salad evenly over spinach.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:22.951304218043%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 489.17kcal (24.46%), Fat: 28.99g (44.6%), Saturated Fat: 10.9g (68.12%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 37.3g (13.56%), Sugar: 5.62g (6.24%), Cholesterol: 49.2mg (16.4%), Sodium: 4698.23mg

(204.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.74%), Vitamin K: 221.42µg (210.88%), Vitamin A: 5470.79IU (109.42%), Vitamin C: 57.53mg (69.74%), Folate: 111.36µg (27.84%), Manganese: 0.48mg (24.22%), Vitamin B6: 0.37mg (18.63%), Phosphorus: 181.12mg (18.11%), Selenium: 12.43µg (17.75%), Potassium: 568.62mg (16.25%), Calcium: 158.72mg (15.87%), Vitamin E: 2.25mg (15%), Vitamin B2: 0.24mg (14.06%), Vitamin B3: 2.76mg (13.78%), Magnesium: 53.89mg (13.47%), Vitamin B1: 0.2mg (13.17%), Iron: 1.69mg (9.4%), Zinc: 1.39mg (9.29%), Fiber: 2.19g (8.75%), Vitamin B12: 0.45µg (7.48%), Vitamin B5: 0.75mg (7.48%), Copper: 0.12mg (5.89%), Vitamin D: 0.25µg (1.7%)