



Creamy Dijon Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery stalks thinly sliced
- 1 tablespoon dijon mustard
- 0.3 cup spring onion chopped
- 3 hardboiled eggs coarsely chopped
- 1 package ranch & bacon pasta salad mix betty crocker® suddenly salad®
- 0.5 cup salad dressing

Equipment

- bowl

sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta. Rinse with cold water. Shake to drain well.
- Stir together Seasoning mix, mayonnaise, mustard, onions and celery in large bowl. Stir in pasta and eggs until evenly coated. Cover and refrigerate leftovers.

Nutrition Facts

PROTEIN 15.56% **FAT 69.26%** **CARBS 15.18%**

Properties

Glycemic Index:12, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:3.0895652589591%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 67.77kcal (3.39%), Fat: 5.17g (7.96%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.99g (2.21%), Cholesterol: 69.94mg (23.31%), Sodium: 197.07mg (8.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin K: 16.63µg (15.84%), Selenium: 6.75µg (9.64%), Vitamin B2: 0.1mg (6.09%), Phosphorus: 39.15mg (3.91%), Vitamin E: 0.56mg (3.7%), Vitamin B12: 0.21µg (3.47%), Vitamin A: 164.58IU (3.29%), Folate: 12.89µg (3.22%), Vitamin B5: 0.29mg (2.86%), Vitamin D: 0.41µg (2.75%), Vitamin B6: 0.04mg (2%), Iron: 0.35mg (1.96%), Potassium: 64.13mg (1.83%), Calcium: 17.29mg (1.73%), Zinc: 0.24mg (1.6%), Vitamin B1: 0.02mg (1.46%), Manganese: 0.03mg (1.44%), Magnesium: 4.83mg (1.21%), Fiber: 0.27g (1.07%), Vitamin C: 0.85mg (1.03%)