



Creamy Farmers' Market Pasta Salad

READY IN



15 min.

SERVINGS



15

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli florets
- 1 cup carrots
- 1 cup cherry tomatoes halved
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 green onions sliced
- 0.5 cup lite ranch dressing kraft
- 2 cups rotini pasta cooked drained

Equipment

bowl

Directions

Combine pasta and vegetables in large bowl.

Add cottage cheese and dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:10.62, Glycemic Load:2.58, Inflammation Score:-7, Nutrition Score:5.3865218287253%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 88.79kcal (4.44%), Fat: 4.07g (6.26%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.08g (2.57%), Sugar: 2.08g (2.31%), Cholesterol: 3.29mg (1.1%), Sodium: 204.25mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Vitamin A: 1543.34IU (30.87%), Vitamin K: 21.65µg (20.62%), Selenium: 7.36µg (10.51%), Vitamin C: 8.48mg (10.28%), Phosphorus: 74.85mg (7.49%), Manganese: 0.09mg (4.63%), Vitamin B2: 0.08mg (4.44%), Vitamin B12: 0.2µg (3.4%), Folate: 12.8µg (3.2%), Potassium: 110.57mg (3.16%), Fiber: 0.79g (3.16%), Vitamin B6: 0.06mg (3.09%), Calcium: 29.69mg (2.97%), Vitamin E: 0.36mg (2.39%), Iron: 0.43mg (2.38%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.24mg (2.06%), Copper: 0.04mg (2.06%), Zinc: 0.27mg (1.83%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.45%)