



Creamy Parmesan Pasta Salad

READY IN



25 min.

SERVINGS



14

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 ounces farfalle pasta uncooked (bow-tie)
- ☐ 12 ounces snow peas chinese ()
- ☐ 2 large bell pepper red cut into 1-inch pieces (2 cups)
- ☐ 1 cup carrots
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 ounces parmesan shredded
- ☐ 1 cup caesar dressing light
- ☐ 2 tablespoons milk

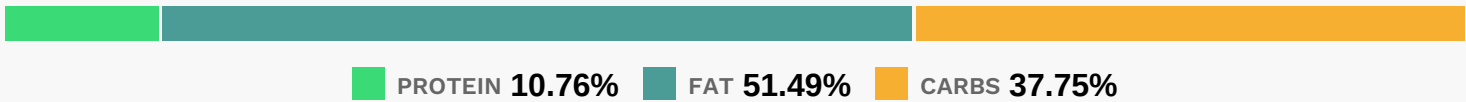
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook and drain pasta as directed on package, adding pea pods for last minute of cooking. Rinse with cold water; drain.
- ☐ Meanwhile, mix bell peppers, carrots, basil and cheese in very large (4-quart) bowl.
- ☐ Mix dressing and milk in small bowl with wire whisk.
- ☐ Add dressing mixture, pasta and pea pods to bell pepper mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:6.14, Inflammation Score:-9, Nutrition Score:11.340869614612%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 196kcal (9.8%), Fat: 11.24g (17.29%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 16.48g (5.99%), Sugar: 3.49g (3.87%), Cholesterol: 9.56mg (3.19%), Sodium: 278.15mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin C: 45.31mg (54.92%), Vitamin A: 2611.11IU (52.22%), Vitamin K: 29.71µg (28.29%), Selenium: 12.94µg (18.49%), Manganese: 0.28mg (14.14%), Phosphorus: 90.56mg (9.06%), Vitamin E: 1.36mg (9.05%), Fiber: 2.06g (8.24%), Calcium: 79.09mg (7.91%), Vitamin B6: 0.16mg (7.8%), Folate: 27.2µg (6.8%), Iron: 1.11mg (6.18%), Magnesium: 22.32mg (5.58%), Potassium: 182.27mg (5.21%), Vitamin B1: 0.08mg (5.09%), Vitamin B2: 0.07mg (4.37%), Copper: 0.09mg (4.31%), Vitamin B5: 0.4mg (4.02%), Vitamin B3: 0.8mg (4.01%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.07µg (1.09%)