



Creamy Ranch Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 packages ranch & bacon pasta salad mix betty suddenly salad®
- 1 cup salad dressing
- 2 tablespoons dijon mustard
- 0.5 cup spring onion chopped
- 1 cup celery stalks thinly sliced
- 6 hardboiled eggs coarsely chopped
- 1 hardboiled eggs sliced
- 1 serving paprika

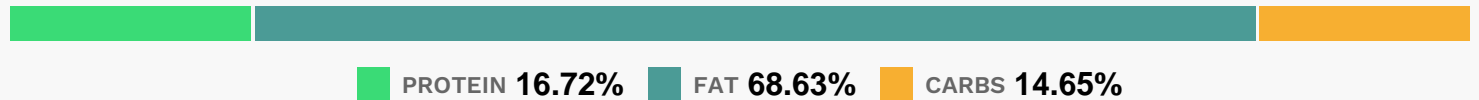
Equipment

- 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.
- In large bowl, stir together seasoning mixes (from salad mix), mayonnaise, mustard, onions and celery. Stir in pasta and chopped eggs until evenly coated.
- Garnish with hard-cooked egg slices and paprika.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:3.4830434205739%

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: 72.97kcal (3.65%), Fat: 5.52g (8.49%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.34g (0.85%), Sugar: 2.04g (2.26%), Cholesterol: 81.59mg (27.2%), Sodium: 201.03mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Vitamin K: 16.74µg (15.94%), Selenium: 7.72µg (11.03%), Vitamin B2: 0.12mg (7.12%), Vitamin A: 242.4IU (4.85%), Phosphorus: 44.92mg (4.49%), Vitamin E: 0.62mg (4.16%), Vitamin B12: 0.24µg (4.05%), Folate: 14.33µg (3.58%), Vitamin B5: 0.33mg (3.32%), Vitamin D: 0.48µg (3.21%), Iron: 0.42mg (2.32%), Vitamin B6: 0.05mg (2.32%), Potassium: 70.91mg (2.03%), Calcium: 19.14mg (1.91%), Zinc: 0.28mg (1.85%), Vitamin B1: 0.02mg (1.63%), Manganese: 0.03mg (1.58%), Magnesium: 5.36mg (1.34%), Fiber: 0.31g (1.25%), Vitamin C: 0.85mg (1.03%)