



Crunchy Asian Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds toasted sliced
- 3 oz japanese ramen noodles
- 3 cups coleslaw mix
- 15 oz mandarin orange segents drained canned
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 cup snow peas
- 1 tablespoon soya sauce
- 3 tablespoons sugar

- 3 tablespoons vegetable oil
- 2 tablespoons water
- 2 tablespoons vinegar white

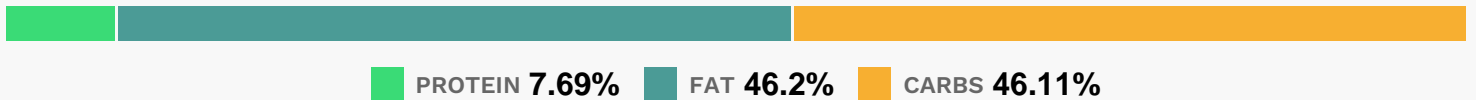
Equipment

- 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 pasta mix and soup mix, sugar, oil, vinegar, water and soy sauce.
- Add pasta, coleslaw mix, pea pods, almonds and oranges; toss to combine.
- Just before serving, coarsely crush dry noodles from soup mix; stir into pasta mixture.
- Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:27.81, Glycemic Load:7.37, Inflammation Score:-5, Nutrition Score:7.3056521661904%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 147.55kcal (7.38%), Fat: 7.89g (12.14%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 15.39g (5.6%), Sugar: 9.54g (10.6%), Cholesterol: 0mg (0%), Sodium: 280.47mg (12.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.91%), Vitamin C: 24.95mg (30.24%), Vitamin K: 26.4µg (25.14%), Vitamin E: 1.79mg (11.96%), Manganese: 0.23mg (11.64%), Vitamin B1: 0.15mg (10.01%), Fiber: 2.33g (9.34%), Vitamin A: 418.53IU (8.37%), Folate: 32.1µg (8.03%), Vitamin B2: 0.11mg (6.44%), Magnesium: 25.13mg (6.28%), Phosphorus: 53.87mg (5.39%), Iron: 0.93mg (5.15%), Potassium: 179.03mg (5.12%), Copper: 0.1mg (4.76%), Vitamin B6: 0.09mg (4.61%), Calcium: 43.9mg (4.39%), Vitamin B3: 0.85mg (4.26%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.32mg (2.12%), Selenium: 1.27µg (1.81%)