



Cucumber and Dill Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber peeled seeded chopped
- ☐ 1 tablespoon dill weed fresh chopped
- ☐ 0.5 teaspoon coarse ground pepper black
- ☐ 1 cup heavy whipping cream sour low-fat
- ☐ 2 cups macaroni
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 1 cup tomatoes chopped
- ☐ 1 tablespoon distilled vinegar white

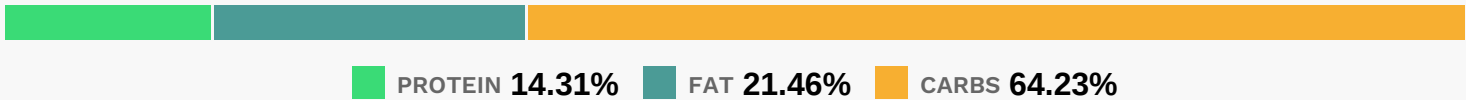
Equipment

☐ bowl

Directions

- ☐ Cook pasta in boiling salted water until al dente.
- ☐ Drain, and rinse in cold water.
- ☐ Transfer noodles to a large bowl.
- ☐ In a separate bowl, mix together sour cream, milk, dill, vinegar, and salt and pepper. Set dressing aside.
- ☐ Mix cucumbers and tomatoes into the pasta.
- ☐ Pour in dressing, and mix thoroughly. Cover, and refrigerate at least 1 hour and preferably overnight. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:30.54, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:7.7460869187894%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 199.64kcal (9.98%), Fat: 4.73g (7.28%), Saturated Fat: 2.65g (16.58%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 30.12g (10.95%), Sugar: 3.32g (3.69%), Cholesterol: 14.03mg (4.68%), Sodium: 238.33mg (10.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Selenium: 23.78µg (33.98%), Manganese: 0.41mg (20.32%), Phosphorus: 130.9mg (13.09%), Calcium: 98.2mg (9.82%), Potassium: 315.36mg (9.01%), Magnesium: 33.24mg (8.31%), Vitamin A: 412.22IU (8.24%), Copper: 0.16mg (7.82%), Fiber: 1.77g (7.09%), Vitamin B2: 0.11mg (6.47%), Vitamin C: 5.22mg (6.33%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.11mg (5.61%), Vitamin B1: 0.08mg (5.43%), Vitamin K: 5.65µg (5.38%), Folate: 20.99µg (5.25%), Vitamin B12: 0.28µg (4.66%), Vitamin B3: 0.81mg (4.06%), Iron: 0.67mg (3.72%), Vitamin B5: 0.35mg (3.55%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.3µg

(2.01%)