



Cucumber Pasta Salad

READY IN



20 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup buttermilk
- 4 stalks celery chopped
- 2 teaspoons celery seed
- 4 cucumbers english peeled chopped quartered
- 1 large onion chopped
- 0.5 cup rotelle pasta
- 1 cup creamy salad dressing

Equipment

bowl

pot

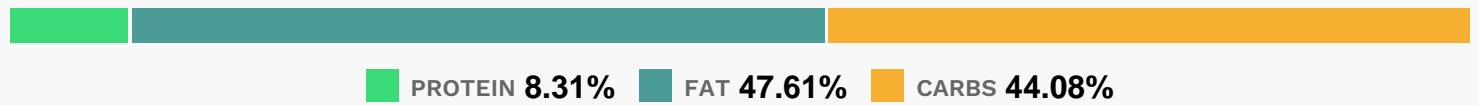
Directions

Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl, combine pasta, cucumber, celery and onion. In small bowl, combine dressing, buttermilk and celery seed. Toss salad with dressing and serve.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:2.74, Inflammation Score:-6, Nutrition Score:10.259130291317%

Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 5.37mg, Luteolin: 5.37mg, Luteolin: 5.37mg, Luteolin: 5.37mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 183.7kcal (9.18%), Fat: 10.12g (15.57%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 21.09g (7.03%), Net Carbohydrates: 19g (6.91%), Sugar: 11.08g (12.31%), Cholesterol: 4.4mg (1.47%), Sodium: 458.63mg (19.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.95%), Vitamin K: 62.77µg (59.78%), Manganese: 0.33mg (16.39%), Potassium: 507.22mg (14.49%), Phosphorus: 114.62mg (11.46%), Calcium: 112.34mg (11.23%), Magnesium: 42.97mg (10.74%), Vitamin C: 8.55mg (10.36%), Vitamin B2: 0.16mg (9.51%), Vitamin B6: 0.18mg (9.11%), Selenium: 6.34µg (9.05%), Fiber: 2.09g (8.36%), Vitamin A: 410.68IU (8.21%), Vitamin B5: 0.79mg (7.88%), Folate: 31.32µg (7.83%), Copper: 0.14mg (7.11%), Vitamin B1: 0.1mg (6.97%), Vitamin E: 1.04mg (6.9%), Iron: 1.14mg (6.36%), Zinc: 0.77mg (5.16%), Vitamin D: 0.52µg (3.47%), Vitamin B12: 0.18µg (3.07%), Vitamin B3: 0.5mg (2.52%)