



Cucumber Shell Salad

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium cucumber halved sliced
- 16 ounces shells
- 16 ounces peas frozen thawed
- 1 cup ranch dressing
- 1 small onion red chopped

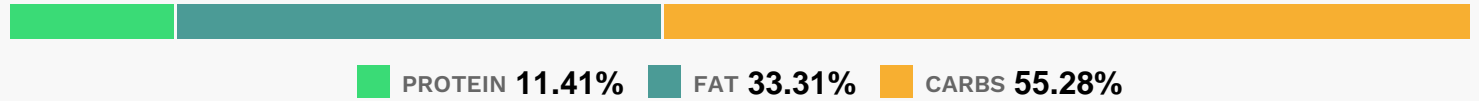
Equipment

- bowl

Directions

- Cook pasta according to package directions; drain and rinse in cold water. In a large bowl, combine the pasta, peas, cucumber and onion.
- Add dressing; toss to coat. Cover and chill at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:9.77, Inflammation Score:-4, Nutrition Score:7.9504347826087%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 196.9kcal (9.84%), Fat: 7.24g (11.14%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 24.32g (8.84%), Sugar: 3.53g (3.93%), Cholesterol: 3.9mg (1.3%), Sodium: 138.79mg (6.03%), Protein: 5.58g (11.16%), Selenium: 19µg (27.14%), Vitamin K: 28.09µg (26.75%), Manganese: 0.4mg (20.03%), Vitamin C: 12.25mg (14.85%), Phosphorus: 116.73mg (11.67%), Fiber: 2.73g (10.91%), Vitamin B1: 0.11mg (7.35%), Copper: 0.15mg (7.31%), Magnesium: 27.33mg (6.83%), Folate: 27.2µg (6.8%), Vitamin B3: 1.1mg (5.48%), Zinc: 0.81mg (5.4%), Vitamin B6: 0.11mg (5.37%), Iron: 0.87mg (4.85%), Potassium: 169.11mg (4.83%), Vitamin A: 231.76IU (4.64%), Vitamin B2: 0.07mg (4.26%), Vitamin B5: 0.31mg (3.1%), Vitamin E: 0.41mg (2.71%), Calcium: 20.58mg (2.06%)