



Curried pasta salad

 Vegetarian

READY IN



22 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 225 g penne pasta
- ☐ 4 tbsp mayonnaise light
- ☐ 4 tsp curry paste
- ☐ 150 g yogurt
- ☐ 0.5 juice of lemon
- ☐ 2 tbsp mango chutney
- ☐ 50 g golden raisins
- ☐ 15 g cilantro leaves chopped

- ☐ 0.5 cucumber diced deseeded
- ☐ 2 celery stalks diced

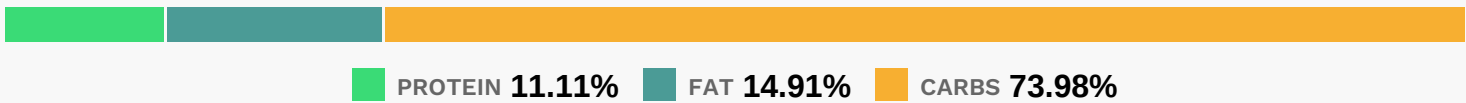
Equipment

- ☐ bowl

Directions

- ☐ Boil the pasta in salted water for 8 mins.
- ☐ Drain, then cool under the cold tap.
- ☐ Meanwhile, mix the mayo, curry paste, yogurt, lemon juice, chutney and sultanas with plenty of seasoning.
- ☐ Add the pasta, coriander, cucumber and celery, and toss everything together to coat in the curried mayonnaise. Pack into a container or bowl.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:17.6, Inflammation Score:-6, Nutrition Score:7.7317391342443%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 228.43kcal (11.42%), Fat: 3.8g (5.84%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 40.38g (14.69%), Sugar: 11.35g (12.61%), Cholesterol: 4.74mg (1.58%), Sodium: 96.87mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Selenium: 24.74µg (35.34%), Manganese: 0.4mg (20.22%), Vitamin A: 749.12IU (14.98%), Vitamin K: 15.33µg (14.6%), Phosphorus: 113.85mg (11.38%), Copper: 0.17mg (8.68%), Fiber: 2g (8.02%), Magnesium: 30.19mg (7.55%), Potassium: 245.63mg (7.02%), Calcium: 54.96mg (5.5%), Vitamin B6: 0.11mg (5.41%), Vitamin B2: 0.09mg (5.32%), Zinc: 0.77mg (5.14%), Iron: 0.89mg (4.92%), Vitamin C: 3.74mg (4.54%), Vitamin B3: 0.8mg (3.99%), Folate: 15.89µg (3.97%), Vitamin B1: 0.05mg (3.59%), Vitamin B5:

0.36mg (3.58%), Vitamin E: 0.36mg (2.37%), Vitamin B12: 0.09µg (1.54%)