



Curried Pasta with Apple

READY IN



45 min.

SERVINGS



7

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots grated
- 0.3 cup cherries dried sweetened
- 1.5 teaspoons curry powder
- 0.7 cup yogurt plain fat-free
- 1 apples i use 2 granny smith apples diced
- 4 green onions thinly sliced
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon ground pepper red
- 0.3 cup mayonnaise light

- 3 tablespoons juice of lime fresh
- 12 ounce tricolored rotini
- 0.5 teaspoon salt
- 0.5 cup slivered almonds toasted
- 2 teaspoons sugar

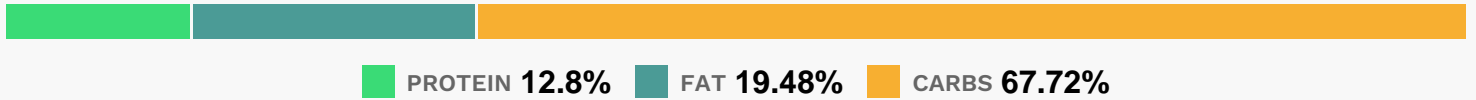
Equipment

- bowl

Directions

- Cook tricolored rotini according to package directions, omitting salt and fat; drain.
- Stir together yogurt and next 7 ingredients in a large bowl.
- Add pasta, apple, and next 3 ingredients, tossing to coat.
- Sprinkle with soy nuts.
- Serve immediately. Prep: 25 min., Cook: 15 min.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:14.405217191447%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg

Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 301.08kcal (15.05%), Fat: 6.63g (10.2%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 51.85g (17.28%), Net Carbohydrates: 47.6g (17.31%), Sugar: 11.81g (13.12%), Cholesterol: 1.75mg (0.58%), Sodium: 267.22mg (11.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.6%), Vitamin A: 3038.89IU (60.78%), Selenium: 32.26µg (46.09%), Manganese: 0.71mg (35.53%), Vitamin K: 22.43µg (21.36%), Phosphorus: 181.35mg (18.14%), Vitamin E: 2.62mg (17.5%), Fiber: 4.24g (16.98%), Magnesium: 57.95mg (14.49%), Copper: 0.25mg (12.74%), Vitamin B2: 0.2mg (11.67%), Potassium: 348.12mg (9.95%), Calcium: 93.99mg (9.4%), Zinc: 1.27mg (8.45%), Iron: 1.3mg (7.22%), Vitamin B3: 1.42mg (7.1%), Vitamin B6: 0.14mg (7.1%), Vitamin C: 5.76mg (6.99%), Vitamin B1: 0.09mg (6.31%), Folate: 25.13µg (6.28%), Vitamin B5: 0.49mg (4.87%), Vitamin B12: 0.14µg (2.37%)