



# Curry Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 apples cored peeled finely chopped
- 2 carrots grated
- 1 teaspoon curry powder
- 0.3 cup spring onion chopped
- 1 tablespoon juice of lemon
- 1 tablespoon mayonnaise
- 3 tablespoons pinenuts
- 0.3 cup raisins

- 6 servings salt to taste
- 0.3 cup tofu firm crumbled
- 8 ounce rotini pasta uncooked

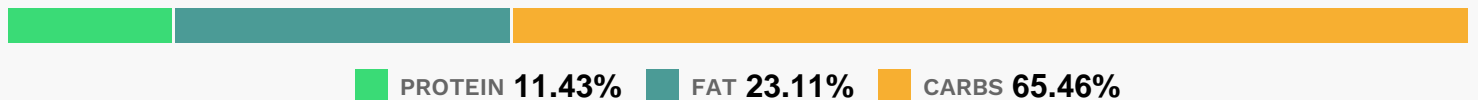
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente.
- Drain.
- In a large bowl, combine the curry powder, salt, mayonnaise and lemon juice.
- Add cooked pasta and toss to coat. Then add the apple, sultanas or raisins, green onion, carrots, tofu and nuts.
- Mix well.
- Serve and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:46.94, Glycemic Load:15.74, Inflammation Score:-9, Nutrition Score:12.034782713603%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg  
Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin:  
1.71mg

## **Nutrients (% of daily need)**

Calories: 243.39kcal (12.17%), Fat: 6.38g (9.82%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 40.68g (13.56%),  
Net Carbohydrates: 37.27g (13.55%), Sugar: 5.52g (6.13%), Cholesterol: 0.98mg (0.33%), Sodium: 228.28mg  
(9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.21%), Vitamin A: 3461.21IU (69.22%),  
Manganese: 0.86mg (43.22%), Selenium: 24.12µg (34.46%), Vitamin K: 18.85µg (17.95%), Fiber: 3.41g (13.65%),  
Phosphorus: 118.57mg (11.86%), Copper: 0.22mg (10.9%), Magnesium: 40.21mg (10.05%), Potassium: 281.23mg  
(8.04%), Iron: 1.31mg (7.3%), Zinc: 0.96mg (6.42%), Vitamin B3: 1.19mg (5.96%), Vitamin B6: 0.12mg (5.9%), Vitamin  
E: 0.87mg (5.82%), Vitamin C: 4.75mg (5.76%), Vitamin B1: 0.08mg (5.44%), Folate: 17.26µg (4.31%), Vitamin B2:  
0.07mg (4.11%), Calcium: 36.93mg (3.69%), Vitamin B5: 0.27mg (2.66%)