



Dilled Pasta Salad with Smoked Fish

READY IN



140 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces rotini pasta uncooked
- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup yogurt plain sour
- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2.3 ounces olives ripe drained sliced canned ()
- ☐ 2 tablespoons spring onion thinly sliced

- ☐ 2 cups zucchini thinly sliced
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.7 pound fish fillet smoked flaked

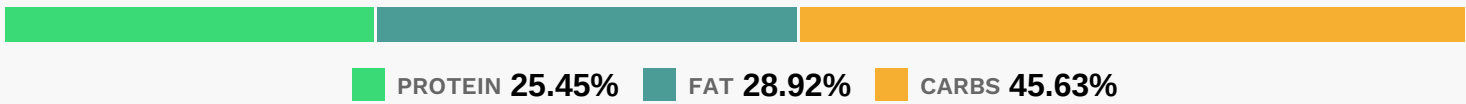
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Mix mayonnaise, sour cream, dill weed, mustard, salt and pepper in large bowl.
- ☐ Add pasta and remaining ingredients except fish; toss. Gently stir in fish.
- ☐ Cover and refrigerate about 2 hours or until chilled but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:13.67, Inflammation Score:-9, Nutrition Score:19.532173965288%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 352.99kcal (17.65%), Fat: 11.4g (17.54%), Saturated Fat: 2.14g (13.35%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 37.37g (13.59%), Sugar: 7.5g (8.34%), Cholesterol: 39.79mg (13.26%), Sodium: 751.31mg (32.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.58g (45.15%), Selenium: 60.23µg (86.04%), Vitamin A: 2923.75IU (58.48%), Manganese: 0.59mg (29.44%), Vitamin K: 29.01µg (27.63%), Phosphorus: 261.08mg (26.11%), Vitamin B3: 4.23mg (21.14%), Vitamin B12: 1.25µg (20.85%), Potassium: 603.82mg (17.25%), Vitamin B6: 0.34mg (16.9%), Vitamin D: 2.36µg (15.73%), Magnesium: 62.89mg (15.72%), Vitamin C: 12.9mg (15.64%), Copper: 0.25mg (12.59%), Fiber: 3.1g (12.39%), Vitamin E: 1.82mg (12.13%), Folate: 47.76µg (11.94%), Vitamin B2: 0.17mg (9.83%), Iron: 1.5mg (8.35%), Vitamin B1: 0.13mg (8.35%), Zinc: 1.23mg (8.22%), Vitamin B5: 0.79mg (7.91%), Calcium: 66.01mg (6.6%)