



Duff's Curried Pasta Salad

 Vegetarian

READY IN



31 min.

SERVINGS



8

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce broccoli slaw mix
- 2 tablespoons curry powder madras-style (preferably)
- 8 ounces elbow macaroni
- 0.3 cup cilantro leaves fresh roughly chopped
- 8 servings kosher salt
- 0.3 cup mango chutney finely chopped
- 2 tablespoons mayonnaise
- 0.3 cup milk cold

- 0.3 cup vegetable oil; peanut oil preferred
- 8 servings pepper freshly ground
- 0.3 cup rice wine vinegar
- 0.5 cup scallions chopped

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the macaroni and cook until al dente; drain and toss with the milk in a large bowl.
- Meanwhile, toast the curry powder in a small dry skillet over medium heat until fragrant, about 1 minute.
- Whisk in the peanut oil and cook until the oil is curry-colored; let cool.
- Whisk the mayonnaise, chutney and curry oil in a large bowl, then whisk in the vinegar to make a smooth dressing. Season with 1/4 teaspoon salt, and pepper to taste.
- Add the broccoli slaw mix, scallions and cilantro to the dressing and toss until combined. Stir in the pasta and toss to coat. Cover and refrigerate until serving.
- Photograph by Rick Lew

Nutrition Facts



PROTEIN 8.86% **FAT 38.39%** **CARBS 52.75%**

Properties

Glycemic Index:36.75, Glycemic Load:4.24, Inflammation Score:-5, Nutrition Score:9.4982608038446%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 241.36kcal (12.07%), Fat: 10.4g (15.99%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 30.41g (11.06%), Sugar: 6.49g (7.21%), Cholesterol: 2.38mg (0.8%), Sodium: 235.77mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Vitamin C: 35.44mg (42.96%), Selenium: 19.76µg (28.23%), Manganese: 0.44mg (22%), Vitamin K: 21.95µg (20.91%), Vitamin E: 1.6mg (10.67%), Phosphorus: 95.69mg (9.57%), Folate: 38.24µg (9.56%), Magnesium: 30.71mg (7.68%), Iron: 1.3mg (7.23%), Potassium: 243.24mg (6.95%), Fiber: 1.72g (6.9%), Copper: 0.13mg (6.49%), Vitamin B6: 0.13mg (6.29%), Vitamin A: 267.76IU (5.36%), Vitamin B2: 0.09mg (5.21%), Calcium: 47.79mg (4.78%), Zinc: 0.68mg (4.5%), Vitamin B1: 0.06mg (4.17%), Vitamin B3: 0.81mg (4.06%), Vitamin B5: 0.36mg (3.57%)