



Easy Crab Pasta Salad



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce water chestnuts chopped canned
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 8 ounce imitation crabmeat coarsely chopped to taste
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 10 ounce peas frozen thawed
- ☐ 12 ounce rotini pasta

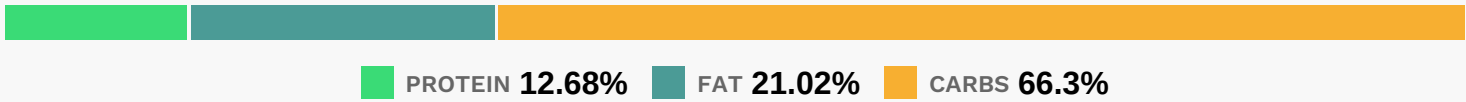
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain and rinse under cold water.
- ☐ Combine peas, water chestnuts, imitation crabmeat, mayonnaise, chives, and dill in a large bowl; stir until evenly mixed.
- ☐ Add cooled pasta and mix until coated.

Nutrition Facts



Properties

Glycemic Index:12.19, Glycemic Load:9.43, Inflammation Score:-3, Nutrition Score:7.2152174452077%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 202.36kcal (10.12%), Fat: 4.69g (7.21%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 30.06g (10.93%), Sugar: 4.12g (4.58%), Cholesterol: 5.07mg (1.69%), Sodium: 265.78mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Selenium: 19.04µg (27.2%), Manganese: 0.39mg (19.54%), Vitamin K: 17.03µg (16.22%), Fiber: 3.21g (12.85%), Vitamin C: 10.15mg (12.3%), Phosphorus: 87.88mg (8.79%), Copper: 0.16mg (7.87%), Vitamin B6: 0.13mg (6.41%), Magnesium: 24.93mg (6.23%), Vitamin B1: 0.09mg (6.23%), Folate: 23.48µg (5.87%), Iron: 1.01mg (5.61%), Zinc: 0.82mg (5.47%), Vitamin B3: 1.09mg (5.44%), Potassium: 163.15mg (4.66%), Vitamin A: 218.13IU (4.36%), Vitamin E: 0.62mg (4.13%), Vitamin B2: 0.06mg (3.3%), Vitamin B5: 0.2mg (2.01%), Calcium: 14.64mg (1.46%)