



Eat Your Veggies Pasta Salad

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup broccoli florets
- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.8 cup cauliflower florets
- ☐ 0.5 cup celery chopped
- ☐ 3 cups fusilli pasta
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.8 cup mayonnaise light
- ☐ 0.5 cup mushrooms chopped

- ☐ 0.3 cup splenda® no calorie sweetener
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 cup onion red sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 cup distilled vinegar white

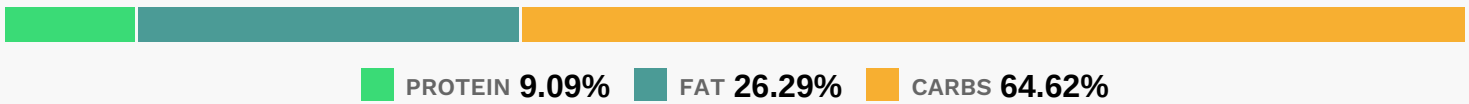
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain and rinse pasta under cold water.
- ☐ Place pasta in a large serving bowl add the all the vegetables and toss to combine.
- ☐ Combine the mayonnaise, vinegar and SPLENDA® Granulated Sweetener; whisk until smooth.
- ☐ Pour over salad and mix well. Season to taste with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:64.31, Glycemic Load:13.97, Inflammation Score:-9, Nutrition Score:12.486087090457%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg, Kaempferol: 1.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 233.2kcal (11.66%), Fat: 6.88g (10.59%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 35.35g (12.86%), Sugar: 11.09g (12.32%), Cholesterol: 4.48mg (1.49%), Sodium: 450.76mg (19.6%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.71%), Vitamin C: 44.09mg (53.45%), Vitamin A: 2345.2IU (46.9%), Vitamin K: 34.06µg (32.44%), Selenium: 20.97µg (29.95%), Manganese: 0.4mg (20.03%), Fiber: 2.72g (10.87%), Vitamin B6: 0.2mg (9.76%), Phosphorus: 96.54mg (9.65%), Folate: 36.71µg (9.18%), Potassium: 298.34mg (8.52%), Copper: 0.15mg (7.6%), Vitamin E: 1.08mg (7.22%), Magnesium: 27.83mg (6.96%), Vitamin B3: 1.27mg (6.33%), Vitamin B2: 0.1mg (5.86%), Vitamin B5: 0.53mg (5.32%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.67mg (4.48%), Iron: 0.78mg (4.34%), Calcium: 29.14mg (2.91%)