



Layered Summer Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets fresh
- 2 cups carrots shredded
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 2 plum tomatoes coarsely chopped (Roma)
- 1.3 cups ranch dressing
- 3 cups the of 1 cos lettuce

Equipment

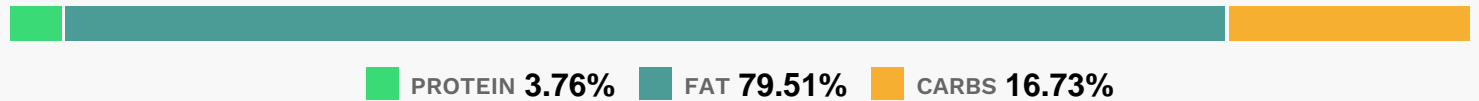
- bowl

- sauce pan
- glass baking pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well. In medium bowl, stir together seasoning mix and dressing.
- Add pasta; toss to combine.
- In 3- or 4-quart glass salad bowl or 13x9-inch glass baking dish, layer lettuce, carrots, broccoli and pasta mixture. Top with tomatoes.
- Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:1.17, Inflammation Score:-10, Nutrition Score:12.062173768878%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 150.66kcal (7.53%), Fat: 13.55g (20.84%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.43g (3.81%), Cholesterol: 7.8mg (2.6%), Sodium: 297.16mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin A: 5733.69IU (114.67%), Vitamin K: 77.58µg (73.88%), Vitamin C: 20.01mg (24.25%), Folate: 38.76µg (9.69%), Phosphorus: 83.98mg (8.4%), Vitamin E: 1.06mg (7.08%), Fiber: 1.64g (6.55%), Potassium: 223.1mg (6.37%), Manganese: 0.12mg (6.17%), Vitamin B6: 0.1mg (4.83%), Vitamin B5: 0.44mg (4.45%), Vitamin B2: 0.07mg (4.36%), Vitamin B1: 0.05mg (3.27%), Calcium: 31.33mg (3.13%), Magnesium: 11.73mg (2.93%), Iron: 0.47mg (2.63%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.59µg (2.27%), Copper: 0.04mg (2.01%), Zinc: 0.24mg (1.6%)