



Fresh Dill Pasta Salad

READY IN



140 min.

SERVINGS



6

CALORIES



463 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup cucumber seeded chopped
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.3 cup dill weed fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 8 ounce seashell pasta
- ☐ 6 servings salt to taste

- ☐ 3 tablespoons shallots minced
- ☐ 8 ounce shrimp drained canned
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tomatoes diced

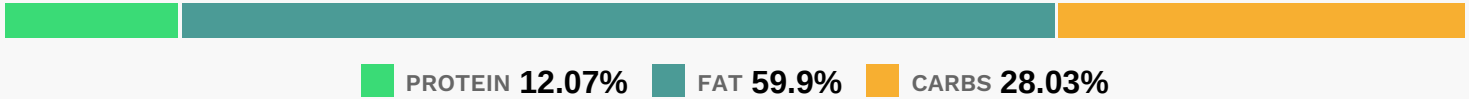
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook until tender, about 8 minutes.
- ☐ Drain and rinse under cold running water to cool.
- ☐ In a serving bowl, combine the mayonnaise, sour cream, lemon juice, mustard, dill and black pepper. Gently stir in the pasta, shrimp, celery, cucumber, tomato and shallots.
- ☐ Mix in salt to taste and refrigerate for at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:12.17, Inflammation Score:-6, Nutrition Score:12.257826146872%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 462.86kcal (23.14%), Fat: 30.83g (47.43%), Saturated Fat: 5.51g (34.43%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 30.15g (10.96%), Sugar: 3.43g (3.82%), Cholesterol: 82.19mg (27.4%), Sodium: 533.18mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.95%), Vitamin K: 67.77µg (64.54%), Selenium: 26.49µg (37.84%), Manganese: 0.49mg (24.64%), Phosphorus: 190.42mg (19.04%), Copper: 0.31mg (15.64%), Vitamin A: 625.96IU (12.52%), Vitamin C: 9.85mg (11.94%), Magnesium: 45.66mg (11.42%), Potassium: 379.44mg (10.84%), Vitamin E: 1.57mg (10.48%), Fiber: 2.31g (9.23%), Zinc: 1.29mg (8.61%), Iron: 1.19mg (6.59%), Vitamin B6: 0.13mg (6.53%), Folate: 25.64µg (6.41%), Calcium: 62.81mg (6.28%), Vitamin B3: 0.99mg (4.96%), Vitamin B1: 0.07mg (4.82%), Vitamin B2: 0.07mg (4.19%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.06µg (1.08%)