



Fresh Vegetable-Pasta Salad

 Dairy Free

READY IN



85 min.

SERVINGS



15

CALORIES



10 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup water cold
- 3 tablespoons savory vegetable
- 1 tablespoon vinegar
- 2 cups broccoli florets fresh
- 1 small bell pepper red coarsely chopped
- 1 small bell pepper yellow coarsely chopped
- 0.3 cup onion red thin

Equipment

bowl

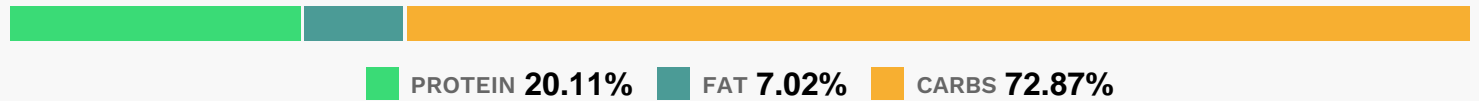
Directions

Cook pasta as directed on box. Meanwhile, in large bowl, stir together seasoning mix, cold water oil and vinegar.

Drain pasta; rinse with cold water. Shake to drain well.

Stir drain pasta and remaining ingredients into seasoning mixture. Refrigerate at least 1 hour before serving. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:3.3343478389408%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 10.12kcal (0.51%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 6.98mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin C: 26.7mg (32.36%), Vitamin K: 12.63µg (12.03%), Vitamin A: 390.66IU (7.81%), Folate: 12.69µg (3.17%), Fiber: 0.63g (2.52%), Vitamin B6: 0.05mg (2.5%), Manganese: 0.05mg (2.4%), Potassium: 69.56mg (1.99%), Vitamin B2: 0.02mg (1.34%), Phosphorus: 13.04mg (1.3%), Magnesium: 4.76mg (1.19%), Vitamin B1: 0.02mg (1.17%), Vitamin E: 0.17mg (1.15%), Vitamin B3: 0.21mg (1.05%), Vitamin B5: 0.1mg (1.02%)