



## Fresh Vegetable-Pasta Salad

 Dairy Free

READY IN



85 min.

SERVINGS



15

CALORIES



33 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

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

# Equipment

bowl

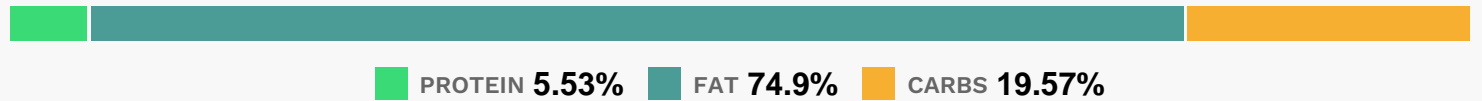
# Directions

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:9.4, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:3.2552173759626%

# 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: 32.98kcal (1.65%), Fat: 2.87g (4.42%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 5.64mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.95%), Vitamin C: 26.39mg (31.99%), Vitamin K: 14.31µg (13.63%), Vitamin A: 240.49IU (4.81%), Vitamin E: 0.58mg (3.84%), Folate: 11.83µg (2.96%), Vitamin B6: 0.05mg (2.35%), Fiber: 0.51g (2.05%), Manganese: 0.04mg (2.04%), Potassium: 63.32mg (1.81%), Vitamin B2: 0.02mg (1.2%), Phosphorus: 11.29mg (1.13%), Magnesium: 4.05mg (1.01%)