



Fruited Spinach-Pasta Salad

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



7

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups farfalle pasta uncooked (bow tie pasta)
- ☐ 7 servings lettuce leaves
- ☐ 0.5 cup nonfat mayonnaise
- ☐ 6 ounce orange juice concentrate frozen thawed canned
- ☐ 4 oranges peeled
- ☐ 1 tablespoon paprika
- ☐ 0.5 cup onion red coarsely chopped
- ☐ 4 cups spinach leaves fresh stemmed chopped

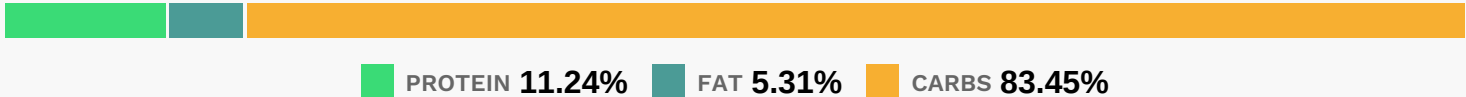
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat; drain.
- ☐ Combine pasta and next 3 ingredients in a bowl; toss gently.
- ☐ Combine concentrate, mayonnaise, and paprika; stir with a wire whisk.
- ☐ Pour over pasta; toss.
- ☐ Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:11.05, Inflammation Score:-10, Nutrition Score:20.66739138313%

Flavonoids

Hesperetin: 20.4mg, Hesperetin: 20.4mg, Hesperetin: 20.4mg, Hesperetin: 20.4mg Naringenin: 11.47mg, Naringenin: 11.47mg, Naringenin: 11.47mg, Naringenin: 11.47mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 195.34kcal (9.77%), Fat: 1.19g (1.83%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 37.76g (13.73%), Sugar: 17.5g (19.45%), Cholesterol: 1.49mg (0.5%), Sodium: 154.66mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 85.05mg (103.09%), Vitamin K: 87.85µg (83.66%), Vitamin A: 4137.74IU (82.75%), Manganese: 0.53mg (26.31%), Selenium: 17.21µg (24.58%), Folate: 90.83µg (22.71%), Fiber: 4.34g (17.35%), Potassium: 535.47mg (15.3%), Vitamin B1: 0.2mg (13.4%), Magnesium: 49.53mg (12.38%), Vitamin B6: 0.24mg (11.86%), Phosphorus: 96.54mg (9.65%), Vitamin B2: 0.16mg (9.53%), Copper: 0.16mg (7.98%), Iron: 1.43mg (7.92%), Calcium: 76.1mg (7.61%), Vitamin E: 1.03mg (6.86%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.48mg (4.84%), Zinc: 0.66mg (4.42%)