



Fruity Pasta Salad With Lemon Poppy Seed Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 0.3 cup lemon yogurt low-fat
- ☐ 1 tablespoon orange juice
- ☐ 0.8 cup seashell pasta
- ☐ 1 small pears cored chopped
- ☐ 0.5 teaspoon poppy seeds
- ☐ 1 cup strawberries fresh sliced

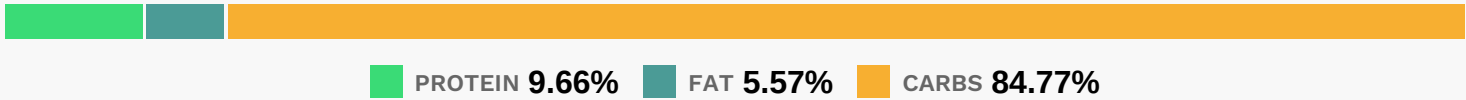
Equipment

☐ bowl

Directions

- ☐ Cook pasta in boiling water until al dente.
- ☐ Drain, and rinse in cold water until cool.
- ☐ In a salad bowl, combine macaroni, lettuce, pears, strawberries, and celery. Set aside.
- ☐ In a small bowl, stir together yogurt, orange juice, and poppy seeds.
- ☐ Add to the macaroni mixture, and gently toss until well coated.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:4.27, Inflammation Score:-2, Nutrition Score:3.7591304001601%

Flavonoids

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Nutrients (% of daily need)

Calories: 56.35kcal (2.82%), Fat: 0.37g (0.58%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 12.82g (4.27%), Net Carbohydrates: 10.86g (3.95%), Sugar: 4.39g (4.88%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin C: 23.01mg (27.89%), Manganese: 0.2mg (9.99%), Fiber: 1.96g (7.83%), Selenium: 4.97µg (7.1%), Potassium: 120.36mg (3.44%), Folate: 13.21µg (3.3%), Copper: 0.07mg (3.25%), Vitamin K: 3.27µg (3.11%), Magnesium: 11.56mg (2.89%), Phosphorus: 28.78mg (2.88%), Vitamin B6: 0.04mg (2.22%), Iron: 0.35mg (1.96%), Vitamin B1: 0.03mg (1.74%), Calcium: 16.85mg (1.68%), Vitamin B3: 0.3mg (1.52%), Vitamin B2: 0.02mg (1.34%), Zinc: 0.2mg (1.33%), Vitamin B5: 0.12mg (1.17%)