



Fruity Pasta Salad With Lemon Poppy Seed Dressing

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups torn butterhead lettuce dried washed
- ☐ 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

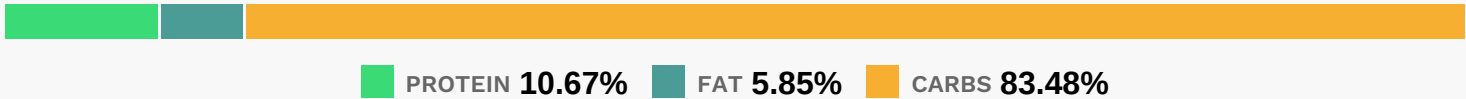
Equipment

☐ 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:-5, Nutrition Score:5.5165217130081%

Flavonoids

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Nutrients (% of daily need)

Calories: 58.52kcal (2.93%), Fat: 0.41g (0.63%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.05g (4.02%), Sugar: 4.55g (5.06%), Cholesterol: 0mg (0%), Sodium: 6.59mg (0.29%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin C: 23.62mg (28.64%), Vitamin K: 20.32µg (19.35%), Vitamin A: 594.5IU (11.89%), Manganese: 0.23mg (11.48%), Fiber: 2.14g (8.57%), Selenium: 5.07µg (7.24%), Folate: 25.37µg (6.34%), Potassium: 160.03mg (4.57%), Phosphorus: 34.28mg (3.43%), Magnesium: 13.73mg (3.43%), Copper: 0.07mg (3.39%), Iron: 0.56mg (3.11%), Vitamin B6: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.37%), Calcium: 22.68mg (2.27%), Vitamin B2: 0.03mg (1.95%), Vitamin B3: 0.36mg (1.81%), Zinc: 0.23mg (1.55%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.18mg (1.17%)