



Garden Ranch Pasta Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.5 cup ranch dressing
- 0.5 teaspoon dill dried
- 1.5 cups broccoli florets
- 0.5 cup bell pepper red thinly sliced cut into bite-size strips
- 0.5 cup cucumber halved
- 0.3 cup spring onion sliced

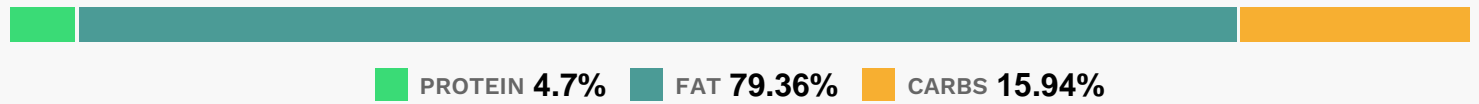
Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well.
- In medium bowl, mix seasoning mix, dressing and dill weed. Stir in pasta and remaining ingredients. Store any remaining salad covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.54, Inflammation Score:-6, Nutrition Score:7.5117390907329%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 100.41kcal (5.02%), Fat: 9.05g (13.93%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.04g (1.1%), Sugar: 2.11g (2.34%), Cholesterol: 5.2mg (1.73%), Sodium: 191.67mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Vitamin K: 60.04µg (57.18%), Vitamin C: 37.37mg (45.3%), Vitamin A: 593.78IU (11.88%), Folate: 25.38µg (6.35%), Phosphorus: 59.76mg (5.98%), Vitamin E: 0.84mg (5.63%), Vitamin B6: 0.09mg (4.58%), Manganese: 0.09mg (4.41%), Fiber: 1.06g (4.22%), Potassium: 140.64mg (4.02%), Vitamin B5: 0.36mg (3.59%), Vitamin B2: 0.06mg (3.58%), Magnesium: 9.81mg (2.45%), Calcium: 23.26mg (2.33%), Iron: 0.41mg (2.28%), Vitamin B1: 0.03mg (2.13%), Selenium: 1.32µg (1.88%), Vitamin B3: 0.31mg (1.53%), Copper: 0.03mg (1.44%), Zinc: 0.2mg (1.31%)