



Garden Vegetable Pasta Salad

READY IN



45 min.

SERVINGS



7

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons teaspoons basil dried fresh chopped
- ☐ 1 cup broccoli florets
- ☐ 0.5 cup carrots sliced
- ☐ 1 cup cherry tomatoes quartered
- ☐ 3 cups rotini cooked (corkscrew pasta)
- ☐ 3 ounces ham diced lean
- ☐ 2 tablespoons parsley dried fresh chopped
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 cup olives ripe sliced

- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup ranch dressing light
- ☐ 0.5 cup onion red vertically sliced
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

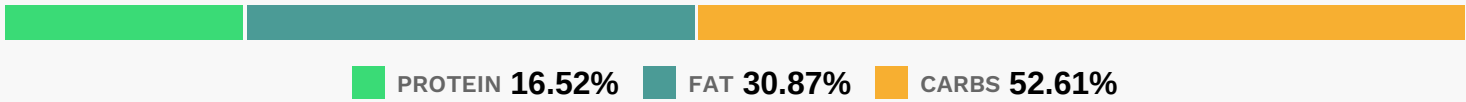
Equipment

- ☐ bowl

Directions

- ☐ Combine first 10 ingredients in a bowl.
- ☐ Combine sour cream, buttermilk, and dressing; stir well.
- ☐ Pour over salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:31.12, Glycemic Load:8.42, Inflammation Score:-8, Nutrition Score:10.360869446526%

Flavonoids

Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg, Apigenin: 25.74mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg, Isorhamnetin: 2.47mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 197.51kcal (9.88%), Fat: 6.85g (10.54%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.14g (8.78%), Sugar: 3.5g (3.89%), Cholesterol: 12.93mg (4.31%), Sodium: 440.21mg (19.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.49%), Vitamin A: 1838.32IU (36.77%), Vitamin K: 36.92µg (35.16%), Selenium: 19.05µg (27.21%), Vitamin C: 18.74mg (22.71%), Manganese: 0.38mg (19.13%), Phosphorus: 126.74mg (12.67%), Fiber: 2.13g (8.54%), Calcium: 84.55mg (8.45%), Potassium: 246.08mg (7.03%), Magnesium: 27.32mg (6.83%), Copper: 0.12mg (6.25%), Vitamin B2: 0.1mg (6.09%), Vitamin B6: 0.12mg (6.02%), Folate: 22.99µg (5.75%), Vitamin E: 0.82mg (5.5%), Zinc: 0.77mg (5.14%), Iron: 0.93mg (5.14%), Vitamin B3: 0.83mg (4.16%), Vitamin B1: 0.06mg (4.16%), Vitamin B5: 0.36mg (3.64%), Vitamin B12: 0.11µg (1.77%)