



Hope's Colorful Pasta Salad

 Dairy Free

READY IN



540 min.

SERVINGS



18

CALORIES



401 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 heads broccoli fresh cut into bite size pieces
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 bell peppers green seeded chopped
- ☐ 2 cups mayonnaise
- ☐ 10 ounce peas green frozen thawed
- ☐ 1 bell pepper red seeded chopped
- ☐ 1 onion diced red
- ☐ 32 ounce tri-color pasta

☐ 8 ounce red wine vinegar salad dressing

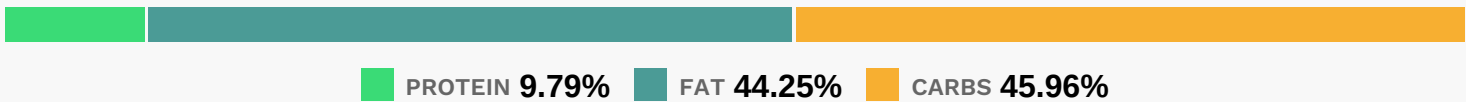
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Stir in the pasta, and return to a boil. Cook uncovered, stirring occasionally, until the pasta is cooked through, but still firm to the bite, about 8 minutes. Rinse with cool water; drain well in a colander set in the sink; set aside to cool completely.
- ☐ Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- ☐ Add the broccoli, recover, and steam until bright green and still crisp, about 2 minutes.
- ☐ Remove the broccoli and rinse well with cold water until cold; drain.
- ☐ Stir together the onion, green bell pepper, red bell pepper, the cooled pasta, and the cooled broccoli in a large bowl.
- ☐ Whisk together the mayonnaise, red wine vinegar dressing, and dry mustard.
- ☐ Pour the dressing over the pasta and vegetables; stir to combine. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:16.93, Inflammation Score:-8, Nutrition Score:20.510000129109%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 401.29kcal (20.06%), Fat: 19.75g (30.38%), Saturated Fat: 3.15g (19.72%), Carbohydrates: 46.15g (15.38%), Net Carbohydrates: 41.42g (15.06%), Sugar: 4.39g (4.87%), Cholesterol: 10.45mg (3.48%), Sodium: 186.07mg (8.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin K: 114.76µg (109.3%), Vitamin C: 86.17mg (104.45%), Selenium: 34.49µg (49.27%), Manganese: 0.71mg (35.41%), Fiber: 4.74g (18.95%), Folate: 68.68µg (17.17%), Phosphorus: 169.45mg (16.95%), Vitamin A: 813.58IU (16.27%), Vitamin B6: 0.27mg (13.73%), Magnesium: 49.68mg (12.42%), Potassium: 420.4mg (12.01%), Copper: 0.22mg (11.24%), Vitamin E: 1.58mg (10.5%), Vitamin B1: 0.15mg (10.12%), Vitamin B3: 1.75mg (8.77%), Iron: 1.58mg (8.76%), Vitamin B2: 0.15mg (8.58%), Zinc: 1.27mg (8.47%), Vitamin B5: 0.71mg (7.05%), Calcium: 52.28mg (5.23%)