



Italian Grilled Vegetable Pasta Salad

 Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



53 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small to 3 sized squashes yellow cut into 1-inch slices
- 8 cherry tomatoes
- 1 medium onion cut into eighths
- 8 ounces mushrooms fresh
- 0.5 cup salad dressing italian reduced-fat
- 1 package ranch & bacon pasta salad mix betty suddenly salad®
- 0.3 cup water cold

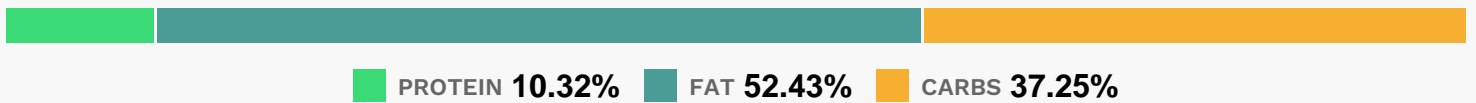
Equipment

- bowl
- sauce pan
- grill
- slotted spoon

Directions

- Toss zucchini, tomatoes, onion, mushrooms and dressing in large bowl until well coated.
- Brush grill rack lightly with vegetable oil, or spray with cooking spray.
- Heat coals or gas grill for direct heat.
- Place vegetables on grill, using slotted spoon. Grill uncovered 4 to 6 inches from medium heat 4 to 5 minutes, turning once and brushing with remaining dressing in bowl, until crisp-tender. Refrigerate vegetables uncovered in single layer while making pasta.
- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Using same bowl with any remaining dressing, stir together Seasoning mix and cold water; set aside.
- Drain pasta; rinse with cool water. Shake to drain well.
- Cut grilled vegetables in half if desired; stir vegetables and pasta into seasoning mixture.
- Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:3.9021739622821%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 52.84kcal (2.64%), Fat: 3.26g (5.01%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.49g (3.87%), Cholesterol: 0mg (0%), Sodium: 152.28mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 8.06mg (9.77%), Vitamin K: 9.2µg (8.76%), Vitamin B2: 0.14mg (8.37%), Vitamin B3: 1.22mg (6.1%), Copper: 0.12mg (6.01%), Potassium: 198.58mg (5.67%), Vitamin B6: 0.1mg (5.05%), Vitamin B5: 0.49mg (4.86%), Selenium: 3.11µg (4.45%), Phosphorus: 40.94mg (4.09%), Manganese: 0.08mg (3.96%), Folate: 14.16µg (3.54%), Fiber: 0.8g (3.21%), Vitamin B1: 0.05mg (3.03%), Vitamin E: 0.44mg (2.93%), Vitamin A: 119.15IU (2.38%), Magnesium: 8.8mg (2.2%), Iron: 0.38mg (2.11%), Zinc: 0.25mg (1.66%), Calcium: 10.35mg (1.03%)