



KRAFT's Taco Pasta Salad

READY IN



20 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups baby spinach leaves loosely packed
- 19 ounce black beans rinsed canned
- 1 cup canada tex mex cheese light kraft
- 1 teaspoon chili powder
- 0.7 cup calorie-wise rancher's choice kraft
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lime
- 3 cups rotini pasta whole wheat cooled rinsed cooked
- 1 tomatoes chopped

Equipment

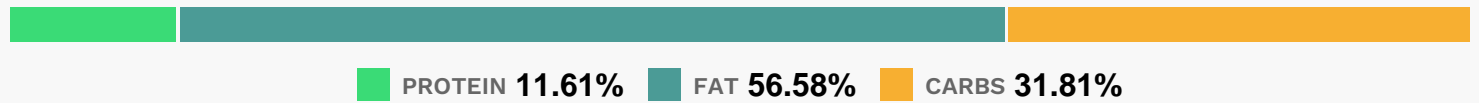
bowl

Directions

Mix first 4 ingredients in large bowl.

Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:5.66, Inflammation Score:-8, Nutrition Score:12.441739235235%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 293.84kcal (14.69%), Fat: 18.93g (29.12%), Saturated Fat: 14.12g (88.26%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 19.15g (6.96%), Sugar: 0.96g (1.07%), Cholesterol: 11.3mg (3.77%), Sodium: 295.42mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.47%), Vitamin K: 63.05µg (60.04%), Vitamin A: 1405.15IU (28.1%), Selenium: 15.44µg (22.06%), Manganese: 0.42mg (21.03%), Fiber: 4.8g (19.19%), Folate: 63.96µg (15.99%), Phosphorus: 154.3mg (15.43%), Calcium: 117.64mg (11.76%), Magnesium: 43.18mg (10.8%), Iron: 1.74mg (9.65%), Copper: 0.19mg (9.29%), Potassium: 320.05mg (9.14%), Vitamin B2: 0.15mg (9%), Vitamin C: 7.42mg (8.99%), Vitamin B1: 0.11mg (7.38%), Zinc: 1.06mg (7.06%), Vitamin E: 1.05mg (7.03%), Vitamin B6: 0.1mg (5.1%), Vitamin B3: 0.84mg (4.19%), Vitamin B5: 0.25mg (2.48%), Vitamin B12: 0.12µg (2%)