



Layered Curry Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



11

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 3 cups the salad
- 2 cups carrots shredded
- 2 cups peas sweet frozen cooked drained
- 1.5 cups tomatoes chopped
- 1.5 cups mayonnaise
- 1 teaspoon curry powder
- 0.5 cup almonds toasted sliced

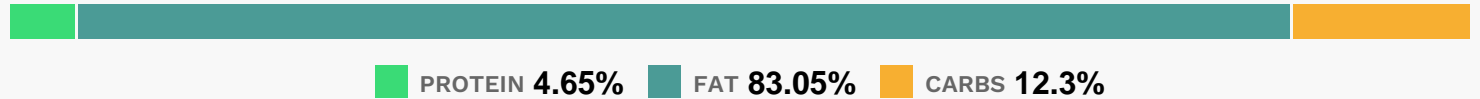
Equipment

- bowl
- sauce pan
- glass baking 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.
- Meanwhile, in 4–quart glass salad bowl or 13x9–inch glass baking dish, layer salad greens, carrots, peas and tomatoes.
- In large bowl, stir together seasoning mix, mayonnaise and curry powder; stir in pasta.
- Spread pasta mixture over vegetables in salad bowl. Just before serving, sprinkle with almonds.
- Serve immediately, or refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:17.65, Glycemic Load:2.09, Inflammation Score:-10, Nutrition Score:12.484782541576%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 269.13kcal (13.46%), Fat: 25.17g (38.72%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 5.4g (1.96%), Sugar: 3.5g (3.89%), Cholesterol: 12.83mg (4.28%), Sodium: 216.64mg (9.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Vitamin A: 4405.19IU (88.1%), Vitamin K: 61.19µg (58.27%), Vitamin C: 17.26mg (20.92%), Vitamin E: 2.41mg (16.07%), Manganese: 0.29mg (14.3%), Fiber: 2.98g (11.94%), Folate: 32.46µg (8.12%), Phosphorus: 72.91mg (7.29%), Vitamin B1: 0.11mg (7.22%), Potassium: 245.51mg (7.01%), Magnesium: 26.99mg (6.75%), Vitamin B2: 0.11mg (6.56%), Copper: 0.12mg (6.23%), Vitamin B6: 0.11mg (5.6%), Vitamin B3: 1.12mg (5.59%), Iron: 0.86mg (4.76%), Zinc: 0.62mg (4.16%), Calcium: 32.32mg (3.23%), Selenium: 1.45µg (2.07%), Vitamin B5: 0.19mg (1.94%)