



Layered Pasta Salad

READY IN



200 min.

SERVINGS



20

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup natural three cheese crumbles kraft
- 3 cups shells cooked drained
- 1 cup grape tomatoes halved
- 6 oz oscar mayer ham smoked chopped
- 0.5 cup real mayo mayonnaise kraft
- 10 oz peas frozen thawed drained
- 0.5 cup classic ranch dressing kraft
- 1 large onion red sliced

Equipment

bowl

Directions

Layer first 4 ingredients in 3-qt. bowl.

Mix mayo and dressing until blended; spread over salad, sealing to edge of bowl. Top with cheese and tomatoes.

Refrigerate several hours or until chilled. Toss gently before serving.

Nutrition Facts



PROTEIN 14.15% **FAT 61.37%** **CARBS 24.48%**

Properties

Glycemic Index:11.74, Glycemic Load:3.54, Inflammation Score:-3, Nutrition Score:5.3226087300674%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 154.21kcal (7.71%), Fat: 10.48g (16.12%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 8.06g (2.93%), Sugar: 1.69g (1.88%), Cholesterol: 14.25mg (4.75%), Sodium: 269.69mg (11.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin K: 21.46µg (20.43%), Selenium: 8.68µg (12.4%), Phosphorus: 86.66mg (8.67%), Vitamin C: 7.1mg (8.6%), Manganese: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.76%), Fiber: 1.34g (5.37%), Zinc: 0.69mg (4.62%), Vitamin B6: 0.09mg (4.59%), Vitamin A: 228.03IU (4.56%), Calcium: 45.28mg (4.53%), Vitamin B2: 0.08mg (4.49%), Vitamin B3: 0.88mg (4.38%), Folate: 15.95µg (3.99%), Iron: 0.61mg (3.41%), Potassium: 115.42mg (3.3%), Magnesium: 13.08mg (3.27%), Copper: 0.06mg (3.15%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.26mg (2.63%), Vitamin B12: 0.15µg (2.56%)