



Lemony Vegetable Pasta Salad (Crowd Size)

READY IN



155 min.

SERVINGS



24

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups salad dressing
- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 0.5 cup juice of lemon
- ☐ 0.3 cup tarragon dried fresh chopped
- ☐ 1 teaspoon salt
- ☐ 32 oz shells
- ☐ 3 lb asparagus cut into 4-inch pieces
- ☐ 2 lb snow peas
- ☐ 1 cup spring onion sliced

☐ 2 cups bell pepper yellow coarsely chopped

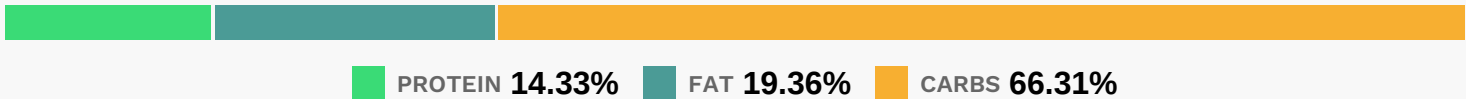
Equipment

☐ bowl

Directions

- ☐ In large bowl, mix all Lemon Mayonnaise ingredients until well blended; set aside.
- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ In large bowl, mix pasta and remaining Pasta Salad ingredients. Stir in Lemon Mayonnaise until well mixed. Cover and refrigerate 1 to 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:11.89, Inflammation Score:-8, Nutrition Score:16.020869566047%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 227.54kcal (11.38%), Fat: 4.95g (7.61%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 34.48g (12.54%), Sugar: 6.71g (7.46%), Cholesterol: 0.2mg (0.07%), Sodium: 305.43mg (13.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Vitamin C: 51.83mg (62.82%), Vitamin K: 52.69µg (50.18%), Selenium: 26.31µg (37.58%), Manganese: 0.6mg (29.97%), Vitamin A: 936.28IU (18.73%), Iron: 2.85mg (15.81%), Folate: 61.76µg (15.44%), Phosphorus: 146.51mg (14.65%), Fiber: 3.66g (14.63%), Copper: 0.27mg (13.64%), Vitamin B1: 0.19mg (12.6%), Magnesium: 44.44mg (11.11%), Vitamin B6: 0.22mg (11.11%), Potassium: 376.03mg (10.74%), Vitamin B2: 0.17mg (10.06%), Vitamin E: 1.29mg (8.59%), Vitamin B3: 1.65mg (8.23%), Zinc: 1.11mg (7.43%), Calcium: 71.44mg (7.14%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.06µg (1.04%)