



Mac and Cheese" Salad with Buttermilk Dressing

READY IN



45 min.

SERVINGS



12

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups baby spinach loosely packed
- ☐ 0.5 cup buttermilk
- ☐ 0.3 cup chives fresh minced
- ☐ 1 tablespoon dillweed fresh chopped
- ☐ 16 ounces fusilli pasta uncooked
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 teaspoon kosher salt

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 12 servings pepper freshly ground
- ☐ 3 ounces ricotta salata grated
- ☐ 2 teaspoons shallots minced
- ☐ 0.5 cup cup heavy whipping cream sour

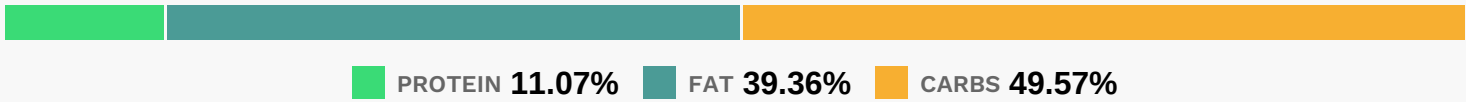
Equipment

- ☐ bowl

Directions

- ☐ Combine first 10 ingredients in a large bowl; stir well. Set aside.
- ☐ Cook pasta in boiling salted water according to package directions; drain. Cool pasta under running water; drain well.
- ☐ Add pasta and next 3 ingredients to buttermilk dressing in bowl; toss well.
- ☐ Sprinkle with pepper.
- ☐ *Ricotta salata is a firm sheep's milk cheese available at import markets. If it's unavailable, substitute crumbled feta.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:11.75, Inflammation Score:-7, Nutrition Score:10.617391342702%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 246.07kcal (12.3%), Fat: 10.72g (16.5%), Saturated Fat: 2.95g (18.46%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 28.8g (10.47%), Sugar: 2.06g (2.28%), Cholesterol: 14.29mg (4.76%), Sodium: 283.2mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.57%), Vitamin K: 70.2µg (66.86%), Selenium: 26.06µg (37.23%), Manganese: 0.48mg (23.95%), Vitamin A: 1112.24IU (22.24%), Phosphorus: 107.88mg (10.79%), Magnesium: 32.11mg (8.03%), Folate: 31.18µg (7.8%), Copper: 0.14mg (6.87%), Fiber: 1.58g (6.3%), Calcium: 58.78mg (5.88%), Vitamin B2: 0.09mg (5.55%), Potassium: 189.8mg (5.42%), Vitamin C: 4.31mg (5.22%), Zinc: 0.78mg (5.17%), Iron: 0.9mg (4.99%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.62mg (4.13%), Vitamin B3: 0.76mg (3.82%), Vitamin B1: 0.05mg (3.58%), Vitamin B5: 0.28mg (2.83%), Vitamin B12: 0.1µg (1.69%), Vitamin D: 0.16µg (1.09%)