



Mac and Jack Salad

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



845 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings bell pepper black
- ☐ 1 pound cavatappi corkscrew shaped hollow pasta
- ☐ 4 ribs celery chopped
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 cup regular corn frozen
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 8 ounce brick monterey pepper jack cheese diced
- ☐ 1 bell pepper red chopped

- ☐ 1 small onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup chipotle salsa green red hot store bought mild, , smoky
- ☐ 4 servings salt

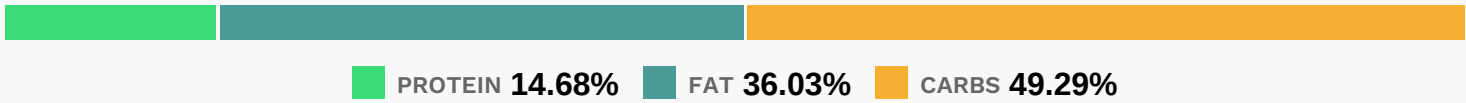
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Bring water to a boil, salt it and add pasta.
- ☐ While pasta water is coming up to a boil and cooking, combine corn, pepper, onion and celery in a bowl with pepper Jack cheese. Season the veggies with salt and pepper.
- ☐ Run pasta under cold water to cool it and drain it well.
- ☐ Add pasta to vegetables and cheese.
- ☐ Place vinegar in a small bowl and whisk in extra-virgin olive oil, then fold in salsa.
- ☐ Pour sauce over salad and toss to coat evenly.
- ☐ Garnish salad with cilantro or parsley and serve.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:35.29, Inflammation Score:-9, Nutrition Score:29.671304391778%

Flavonoids

Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 845.25kcal (42.26%), Fat: 33.8g (52%), Saturated Fat: 13.11g (81.91%), Carbohydrates: 104.05g (34.68%), Net Carbohydrates: 97.44g (35.43%), Sugar: 9.81g (10.9%), Cholesterol: 50.46mg (16.82%), Sodium: 985.39mg (42.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.98g (61.95%), Selenium: 80.55µg (115.08%), Manganese: 1.24mg (62.06%), Vitamin C: 49.17mg (59.6%), Vitamin K: 55.91µg (53.25%), Phosphorus: 529.18mg (52.92%), Calcium: 476.75mg (47.68%), Vitamin A: 2071.44IU (41.43%), Fiber: 6.61g (26.43%), Zinc: 3.79mg (25.25%), Magnesium: 100.81mg (25.2%), Vitamin B2: 0.38mg (22.54%), Potassium: 757.21mg (21.63%), Vitamin B6: 0.43mg (21.55%), Folate: 83.48µg (20.87%), Copper: 0.4mg (20.09%), Vitamin E: 2.82mg (18.77%), Vitamin B3: 3.15mg (15.76%), Iron: 2.67mg (14.85%), Vitamin B1: 0.19mg (12.8%), Vitamin B5: 0.96mg (9.65%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.34µg (2.27%)