



## Mexican Fiesta Pasta Salad

READY IN



150 min.

SERVINGS



16

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 4.3 ounce olives black drained sliced canned
- 16 ounce black beans rinsed drained canned
- 11 ounce regular corn with red and green peppers, drained mexican-style canned
- 0.5 teaspoon cilantro leaves dried to taste
- 0.5 teaspoon garlic powder
- 2 green onions sliced thin
- 0.5 teaspoon ground cumin to taste
- 16 servings ground pepper black to taste
- 1 cup mayonnaise

- 0.5 cup bell pepper red chopped
- 16 ounce rotini pasta dried
- 1.5 cups chunky salsa
- 1 teaspoon salt
- 0.5 cup cup heavy whipping cream sour

## Equipment

- bowl
- whisk
- pot
- plastic wrap

## Directions

- Bring a large pot of lightly salted water to a rolling boil; cook the rotini in the boiling water until the pasta is cooked through yet firm to the bite, about 8 minutes.
- Drain. Rinse under cold running water until completely cooled; drain thoroughly.
- Whisk the salsa, mayonnaise, sour cream, black beans, Mexican-style corn, red bell pepper, green onions, black olives, garlic powder, cumin, cilantro, salt, and pepper together in a large bowl; add the cooled pasta and stir to coat evenly. Cover the bowl with plastic wrap and refrigerate 2 hours to overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:8.7, Inflammation Score:-5, Nutrition Score:9.7817391494046%

## Flavonoids

Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 264.79kcal (13.24%), Fat: 13.64g (20.99%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 25.61g (9.31%), Sugar: 2.75g (3.06%), Cholesterol: 10.12mg (3.37%), Sodium: 625.61mg (27.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Vitamin C: 23.23mg (28.16%), Vitamin K: 29.07µg (27.69%), Selenium: 19.21µg (27.44%), Manganese: 0.4mg (20.15%), Fiber: 4.06g (16.24%), Phosphorus: 107.24mg (10.72%), Copper: 0.18mg (9.13%), Vitamin A: 435.99IU (8.72%), Vitamin E: 1.26mg (8.4%), Magnesium: 33.6mg (8.4%), Vitamin B6: 0.17mg (8.27%), Potassium: 280.18mg (8.01%), Folate: 29.86µg (7.46%), Iron: 1.25mg (6.94%), Vitamin B1: 0.09mg (6.24%), Vitamin B3: 1.11mg (5.54%), Vitamin B2: 0.09mg (5.02%), Zinc: 0.7mg (4.66%), Calcium: 39.58mg (3.96%), Vitamin B5: 0.31mg (3.11%)