



Mexican Pasta Salad

READY IN



75 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz soup noodles uncooked
- 15.3 oz corn whole drained canned
- 15 oz black beans rinsed drained canned
- 1.5 cups bell pepper green chopped
- 4 oz cheddar cheese shredded
- 0.8 cup salsa thick
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup the dressing

Equipment

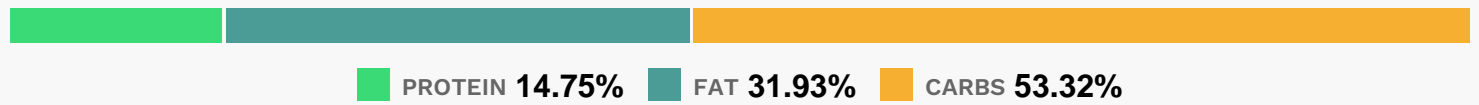
bowl

Directions

Cook and drain pasta as directed on package. Rinse with cold water; drain.

In very large bowl, mix pasta and remaining ingredients. Cover; refrigerate 1 to 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:5.79, Inflammation Score:-4, Nutrition Score:8.5221738504327%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 218.2kcal (10.91%), Fat: 7.77g (11.96%), Saturated Fat: 2.54g (15.89%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 25.54g (9.29%), Sugar: 3.81g (4.24%), Cholesterol: 13.72mg (4.57%), Sodium: 453.64mg (19.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Selenium: 15.73µg (22.47%), Vitamin C: 17.03mg (20.65%), Manganese: 0.33mg (16.56%), Fiber: 3.67g (14.69%), Phosphorus: 145.56mg (14.56%), Folate: 40.66µg (10.16%), Vitamin K: 10.57µg (10.07%), Calcium: 91.55mg (9.16%), Magnesium: 33.66mg (8.42%), Copper: 0.16mg (8.13%), Potassium: 280.84mg (8.02%), Vitamin B2: 0.12mg (6.93%), Iron: 1.19mg (6.6%), Zinc: 0.98mg (6.54%), Vitamin B1: 0.09mg (6.33%), Vitamin B6: 0.12mg (6.23%), Vitamin A: 279.57IU (5.59%), Vitamin B3: 1.11mg (5.55%), Vitamin E: 0.69mg (4.61%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.11µg (1.83%)