



## Mexican Pasta Salad

READY IN



20 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15.5 oz black beans rinsed canned
- 0.3 cup cilantro leaves fresh finely chopped
- 1 cup regular corn frozen thawed drained
- 2 green onions thinly sliced
- 1 Tbsp juice of lime fresh
- 4 cups wagon wheel pasta cooked
- 0.5 cup lite ranch dressing kraft
- 0.5 cup pasilla peppers red chopped
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely

1 Tbsp taco bellâ® taco seasoning mix

## Equipment

bowl

## Directions

- Combine first 5 ingredients in large bowl.
- Mix dressing, seasoning mix and lime juice until blended.
- Add to salad; toss until evenly coated.
- Add cheese and cilantro; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:9.27, Inflammation Score:-6, Nutrition Score:12.034782475751%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 275.47kcal (13.77%), Fat: 9.5g (14.62%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 33.05g (12.02%), Sugar: 2.07g (2.29%), Cholesterol: 12.24mg (4.08%), Sodium: 483.7mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Selenium: 21.81µg (31.15%), Vitamin K: 29.04µg (27.66%), Manganese: 0.46mg (23.15%), Fiber: 5.69g (22.76%), Vitamin C: 16.34mg (19.81%), Phosphorus: 197.57mg (19.76%), Folate: 57.56µg (14.39%), Vitamin B2: 0.21mg (12.11%), Magnesium: 46.3mg (11.57%), Copper: 0.21mg (10.73%), Iron: 1.8mg (10%), Vitamin B1: 0.15mg (9.96%), Potassium: 345.72mg (9.88%), Vitamin B6: 0.18mg (9.23%), Vitamin A: 446.77IU (8.94%), Calcium: 80.29mg (8.03%), Zinc: 1.2mg (8%), Vitamin B3: 1.42mg (7.08%), Vitamin B5: 0.54mg (5.39%), Vitamin E: 0.57mg (3.78%), Vitamin B12: 0.18µg (3.07%)