



Neptune Pasta Salad



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 package ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup water cold
- ☐ 3 tablespoons vegetable oil
- ☐ 8 ounces imitation crab frozen thawed (imitation crabmeat)
- ☐ 1.5 cups cauliflower florets

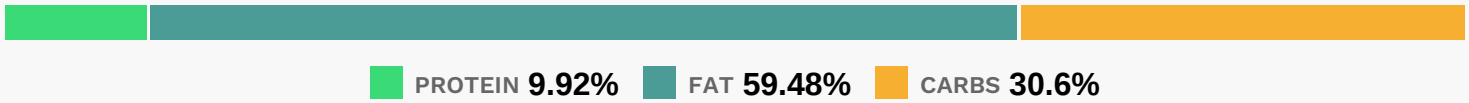
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Stir together Seasoning and Crouton Blend, oil and cold water in medium bowl; set aside.
- ☐ Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into seasoning mixture. Stir seafood chunks and broccoli into salad.
- ☐ Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:14.690434856259%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 626.16kcal (31.31%), Fat: 41.24g (63.44%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 47.74g (15.91%), Net Carbohydrates: 42.21g (15.35%), Sugar: 10.41g (11.56%), Cholesterol: 24.95mg (8.32%), Sodium: 1336.97mg (58.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin K: 98.28µg (93.6%), Vitamin C: 72.32mg (87.66%), Vitamin E: 3.46mg (23.05%), Fiber: 5.53g (22.13%), Folate: 87.42µg (21.86%), Vitamin B6: 0.28mg (13.8%), Potassium: 451mg (12.89%), Manganese: 0.23mg (11.63%), Vitamin B5: 1mg (10%), Phosphorus: 66mg (6.6%), Magnesium: 23.09mg (5.77%), Vitamin B2: 0.09mg (5.29%), Vitamin B1: 0.08mg (5%), Vitamin B3: 0.76mg (3.8%), Iron: 0.67mg (3.7%), Calcium: 35.16mg (3.52%), Copper: 0.07mg (3.4%), Zinc: 0.41mg (2.74%), Selenium: 0.9µg (1.29%)