



## Pasta and Grilled Vegetable Salad

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounces rotini pasta uncooked
- 1 small onion red cut into thin wedges
- 1.5 cups baby carrots
- 0.5 cup balsamic vinaigrette
- 0.5 teaspoon lawry's seasoned salt
- 8 ounces asparagus fresh cut into 2-inch pieces
- 6 ounces marinated artichoke drained
- 2 slices bacon crumbled cooked

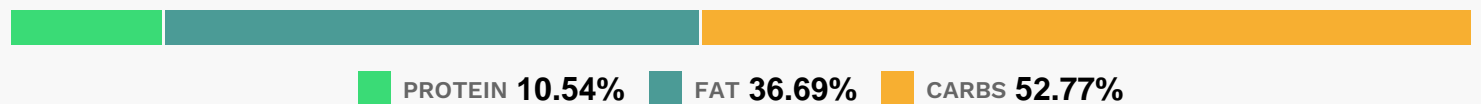
## Equipment

- bowl
- grill
- wok
- slotted spoon

## Directions

- Heat coals or gas grill for direct heat. Cook and drain pasta as directed on package.
- Place onion and carrots in large bowl; drizzle with about 1/4 cup of the dressing.
- Sprinkle with seasoned salt; toss to coat.
- Place vegetables in grill basket (grill & wok), using slotted spoon; reserve dressing in bowl.
- Cover and grill onion and carrots 4 to 6 inches from medium heat 15 minutes, shaking basket or stirring vegetables occasionally.
- Add asparagus to dressing in bowl; toss to coat.
- Add asparagus to onion and carrots in grill basket. Cover and grill 8 to 10 minutes longer or until vegetables are crisp-tender.
- Add cooked pasta, grilled vegetables and artichoke liquid to remaining dressing in bowl.
- Drizzle with remaining 1/4 cup dressing; toss to mix. Stir in artichokes.
- Sprinkle with bacon.

## Nutrition Facts



## Properties

Glycemic Index:25.25, Glycemic Load:17.91, Inflammation Score:-10, Nutrition Score:18.256956612934%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg, Isorhamnetin: 4.61mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg,

Kaempferol: 0.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg, Quercetin: 13.51mg

## **Nutrients (% of daily need)**

Calories: 423.16kcal (21.16%), Fat: 17.06g (26.25%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 55.22g (18.41%), Net Carbohydrates: 49.5g (18%), Sugar: 7.44g (8.26%), Cholesterol: 3.96mg (1.32%), Sodium: 828.05mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.06%), Vitamin A: 7475.12IU (149.5%), Selenium: 39.74µg (56.77%), Manganese: 0.72mg (35.95%), Vitamin K: 28.27µg (26.92%), Fiber: 5.72g (22.86%), Vitamin C: 15.39mg (18.65%), Phosphorus: 173.58mg (17.36%), Copper: 0.33mg (16.71%), Iron: 2.78mg (15.46%), Folate: 57.87µg (14.47%), Vitamin B1: 0.18mg (12.1%), Potassium: 414.9mg (11.85%), Vitamin B6: 0.24mg (11.85%), Magnesium: 46.79mg (11.7%), Vitamin B3: 2.24mg (11.19%), Zinc: 1.36mg (9.05%), Vitamin B2: 0.15mg (8.7%), Vitamin B5: 0.67mg (6.71%), Calcium: 59.27mg (5.93%), Vitamin E: 0.73mg (4.84%)