



 **17%**  
HEALTH SCORE

## Pasta Salad Ranch Style

READY IN



30 min.

SERVINGS



6

CALORIES



1013 kcal

SIDE DISH

LUNCH

MAIN COURSE

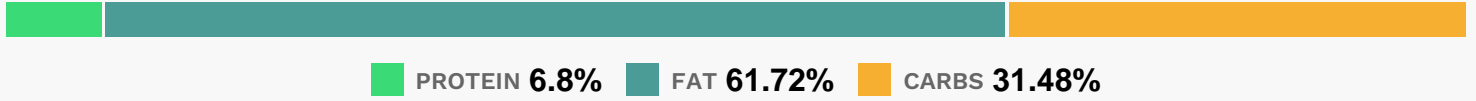
MAIN DISH

## Ingredients

- 16 ounce peas frozen
- 15 ounce olives black sliced canned
- 2 bunches spring onion
- 2 cups mayonnaise
- 1 cup milk
- 2 ounce ranch seasoning
- 1 lb shells
- 2 tomatoes

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:40.72, Glycemic Load:27.08, Inflammation Score:-9, Nutrition Score:26.979130434783%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

### Nutrients (% of daily need)

Calories: 1012.82kcal (50.64%), Fat: 69.54g (106.98%), Saturated Fat: 11.21g (70.05%), Carbohydrates: 79.81g (26.6%), Net Carbohydrates: 70.05g (25.47%), Sugar: 10.33g (11.48%), Cholesterol: 36.24mg (12.08%), Sodium: 2315.6mg (100.68%), Protein: 17.24g (34.49%), Vitamin K: 161.44µg (153.76%), Selenium: 52.32µg (74.74%), Manganese: 1.07mg (53.48%), Vitamin C: 37.36mg (45.29%), Fiber: 9.77g (39.07%), Vitamin E: 5.62mg (37.44%), Phosphorus: 296.92mg (29.69%), Vitamin A: 1392.57IU (27.85%), Copper: 0.48mg (24.1%), Vitamin B1: 0.33mg (22.25%), Magnesium: 84.55mg (21.14%), Folate: 79.88µg (19.97%), Vitamin B3: 3.36mg (16.81%), Potassium: 578mg (16.51%), Vitamin B6: 0.33mg (16.28%), Zinc: 2.41mg (16.08%), Iron: 2.83mg (15.71%), Vitamin B2: 0.23mg (13.8%), Calcium: 137.48mg (13.75%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.31µg (5.15%), Vitamin D: 0.6µg (3.98%)