



## Pasta Salad with Broccoli and Grapes

 Dairy Free

READY IN



205 min.

SERVINGS



8

CALORIES



509 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 oz farfalle pasta uncooked (farfalle)
- 1 lb broccoli fresh
- 1 cup mayonnaise
- 0.3 cup sugar
- 0.3 cup onion red chopped
- 0.3 cup red wine vinegar
- 1 teaspoon salt
- 2 cups grapes red seedless cut in half

- 1 cup pecans chopped
- 8 slices bacon crumbled cooked
- 1 serving pepper freshly ground

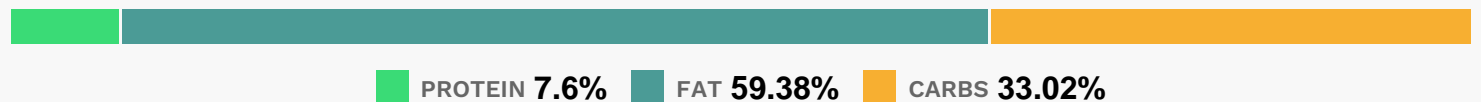
## Equipment

- bowl
- frying pan
- knife
- whisk

## Directions

- Cook and drain pasta as directed on package.
- Meanwhile, cut broccoli florets from stems; separate florets into small pieces using tip of paring knife. Peel away tough outer layer of stems; finely chop stems.
- In large bowl, mix mayonnaise, sugar, onion, vinegar and salt with whisk.
- Add broccoli florets and stems, grapes and hot cooked pasta; stir to coat. Cover; refrigerate 3 hours.
- Sprinkle pecans in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until golden brown.
- Just before serving, stir pecans and bacon into salad.
- Sprinkle with pepper.

## Nutrition Facts



## Properties

Glycemic Index:38.64, Glycemic Load:18.32, Inflammation Score:-6, Nutrition Score:19.064782684264%

## Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin:

0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg  
Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate:  
0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg  
Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.33mg, Isorhamnetin:  
0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 4.49mg, Kaempferol: 4.49mg, Kaempferol:  
4.49mg, Kaempferol: 4.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg  
Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

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

Calories: 509.16kcal (25.46%), Fat: 34.29g (52.76%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 42.91g (14.3%),  
Net Carbohydrates: 38.77g (14.1%), Sugar: 16.87g (18.75%), Cholesterol: 19.68mg (6.56%), Sodium: 625.2mg  
(27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.75%), Vitamin K: 109.54µg (104.32%), Vitamin  
C: 52.48mg (63.61%), Manganese: 1.04mg (51.93%), Selenium: 24.67µg (35.25%), Phosphorus: 175.96mg (17.6%),  
Copper: 0.34mg (16.97%), Fiber: 4.15g (16.58%), Vitamin B1: 0.23mg (15.49%), Vitamin B6: 0.25mg (12.68%),  
Magnesium: 49.91mg (12.48%), Potassium: 429.88mg (12.28%), Folate: 47.24µg (11.81%), Vitamin E: 1.69mg (11.26%),  
Zinc: 1.58mg (10.52%), Vitamin B3: 1.92mg (9.61%), Vitamin B2: 0.15mg (9.1%), Vitamin A: 407.14IU (8.14%), Iron:  
1.46mg (8.14%), Vitamin B5: 0.73mg (7.29%), Calcium: 51.48mg (5.15%), Vitamin B12: 0.12µg (2.01%)