



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
- 8 slices bacon crumbled cooked
- 1 cup mayonnaise
- 1 cup pecans chopped
- 8 servings pepper freshly ground
- 2 cups grapes red seedless cut in half
- 0.3 cup onion red chopped

- 0.3 cup red wine vinegar
- 1 teaspoon salt
- 0.3 cup sugar

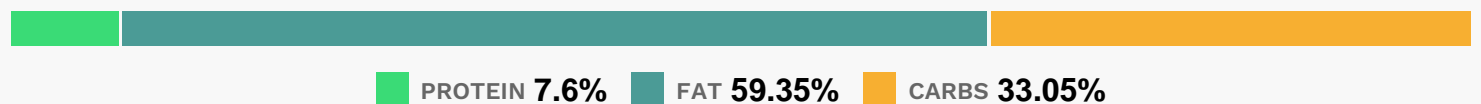
Equipment

- 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:18.34, Inflammation Score:-6, Nutrition Score:19.106956505257%

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: 509.38kcal (25.47%), Fat: 34.3g (52.76%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 42.97g (14.32%),
Net Carbohydrates: 38.8g (14.11%), Sugar: 16.87g (18.75%), Cholesterol: 19.68mg (6.56%), Sodium: 625.22mg
(27.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.77%), Vitamin K: 109.68µg (104.46%),
Vitamin C: 52.48mg (63.61%), Manganese: 1.05mg (52.48%), Selenium: 24.68µg (35.26%), Phosphorus: 176.1mg
(17.61%), Copper: 0.34mg (17.03%), Fiber: 4.17g (16.67%), Vitamin B1: 0.23mg (15.5%), Vitamin B6: 0.25mg (12.69%),
Magnesium: 50.06mg (12.52%), Potassium: 431.05mg (12.32%), Folate: 47.26µg (11.81%), Vitamin E: 1.69mg (11.27%),
Zinc: 1.58mg (10.53%), Vitamin B3: 1.92mg (9.62%), Vitamin B2: 0.15mg (9.11%), Iron: 1.47mg (8.18%), Vitamin A:
407.62IU (8.15%), Vitamin B5: 0.73mg (7.31%), Calcium: 51.87mg (5.19%), Vitamin B12: 0.12µg (2.01%)