



Pasta Side Salad Made Over

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



27 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup matchlike carrot sticks
- 1 cup milk colby & monterey jack cheeses shredded 2% kraft
- 1 cup multi-grain elbow macaroni cooked
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 0.3 cup miracle whip dressing light
- 0.5 cup peas frozen thawed
- 0.5 cup pasilla peppers red chopped

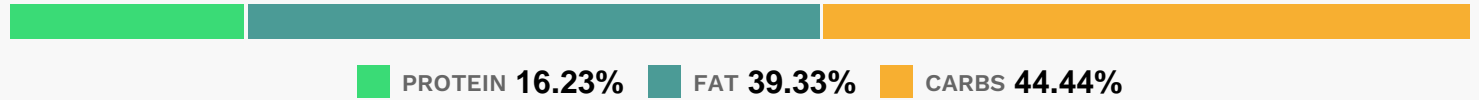
Equipment

bowl

Directions

- Mix dressings in large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:2.46, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:1.3643478368935%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 27.39kcal (1.37%), Fat: 1.2g (1.84%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.76g (1%), Sugar: 0.63g (0.7%), Cholesterol: 2.66mg (0.89%), Sodium: 42.63mg (1.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin A: 406.34IU (8.13%), Vitamin C: 2.61mg (3.16%), Selenium: 2.21µg (3.15%), Phosphorus: 20.24mg (2.02%), Calcium: 20.03mg (2%), Manganese: 0.04mg (1.84%), Vitamin K: 1.42µg (1.35%), Fiber: 0.29g (1.16%)