



Patchwork Quilt Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon brown mustard prepared
- 15.3 ounce kidney beans drained canned
- 1.5 cups celery finely chopped
- 0.7 cup cider vinegar
- 1 cucumber peeled seeded chopped
- 1 tablespoon flour all-purpose
- 16 ounce vegetables mixed frozen thawed
- 0.5 cup bell pepper green finely chopped

- 2 tablespoons butter
- 0.5 cup onion finely chopped
- 12 ounce rotini/corkscrew pasta
- 0.5 teaspoon salt
- 0.7 cup sugar

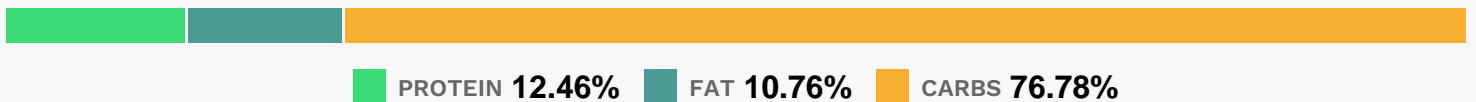
Equipment

- bowl
- sauce pan

Directions

- In a large bowl combine cooked pasta, mixed vegetables, kidney beans, celery, cucumber, green pepper and onion.
- To make the dressing combine in a saucepan over medium heat: vinegar, margarine, sugar, flour, salt and brown mustard; bring to boil. Continue to cook for 5 minutes stirring frequently. Cool completely.
- Pour cooled dressing over bowl of vegetables. Toss to distribute dressing evenly. Cover tightly and store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.01, Glycemic Load:20.32, Inflammation Score:-9, Nutrition Score:10.436087070924%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 232.69kcal (11.63%), Fat: 2.81g (4.33%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 40.2g (14.62%), Sugar: 13.52g (15.03%), Cholesterol: 0mg (0%), Sodium: 242.46mg (10.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.65%), Vitamin A: 2100.76IU (42.02%), Selenium: 19.21µg (27.45%), Manganese: 0.55mg (27.33%), Fiber: 4.96g (19.85%), Vitamin C: 10.91mg (13.23%), Phosphorus: 129.18mg (12.92%), Magnesium: 42.07mg (10.52%), Copper: 0.2mg (10.14%), Potassium: 337.26mg (9.64%), Folate: 36.8µg (9.2%), Vitamin B1: 0.13mg (8.89%), Iron: 1.37mg (7.61%), Vitamin B6: 0.15mg (7.53%), Vitamin K: 7.5µg (7.14%), Vitamin B3: 1.27mg (6.33%), Zinc: 0.89mg (5.95%), Vitamin B2: 0.1mg (5.69%), Calcium: 38.89mg (3.89%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.19mg (1.24%)