



Pea and Mint Pasta Salad

READY IN



30 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium celery stalks thinly sliced
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 0.8 cup real mayonnaise best foods®
- ☐ 0.5 cup mint leaves chopped
- ☐ 1.3 cups peas green frozen
- ☐ 1 small onion red halved thinly sliced
- ☐ 12 ounces shell pasta
- ☐ 0.3 cup heavy whipping cream sour

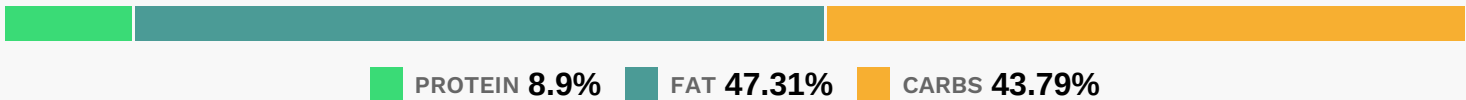
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook campanelle according to package directions, adding peas during last 1 minute of cooking.
- ☐ Drain and rinse with cold water until completely cool.
- ☐ Combine Hellmann's® or Best Foods® Real Mayonnaise, sour cream, mustard, onion and celery with wire whisk in large bowl. Season, if desired, with salt and pepper. Stir in pasta and herbs.
- ☐ Serve at room temperature or cover and chill, if desired.

Nutrition Facts



Properties

Glycemic Index:43.22, Glycemic Load:18.69, Inflammation Score:-7, Nutrition Score:16.074347952138%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg, Apigenin: 5.63mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 458.29kcal (22.91%), Fat: 24.02g (36.96%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 45.56g (16.57%), Sugar: 4.6g (5.11%), Cholesterol: 17.41mg (5.8%), Sodium: 245.05mg (10.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.34%), Vitamin K: 94.87µg (90.35%), Selenium: 39.18µg (55.97%), Manganese: 0.74mg (37.04%), Vitamin C: 18.11mg (21.95%), Fiber: 4.47g (17.87%), Phosphorus: 168.17mg (16.82%), Vitamin A: 688.8IU (13.78%), Copper: 0.25mg (12.57%), Magnesium: 49.89mg (12.47%), Folate: 44.2µg (11.05%), Vitamin B1: 0.16mg (10.63%), Iron: 1.71mg (9.52%), Zinc: 1.38mg (9.21%), Vitamin B3: 1.75mg (8.77%), Vitamin B6: 0.17mg (8.56%), Potassium: 290.65mg (8.3%), Vitamin E: 1.1mg (7.33%), Vitamin B2:

0.12mg (6.87%), Calcium: 51.84mg (5.18%), Vitamin B5: 0.42mg (4.2%)