



Peas and Pasta Salad

READY IN

ready

45 min.

SERVINGS

servings

7

CALORIES

calories

443 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 2 large carrots grated peeled
- ☐ 6 slices bacon crumbled crisp cooked
- ☐ 7 servings kosher salt and pepper black freshly ground to taste
- ☐ 10 ounces peas frozen thawed
- ☐ 1 cup dressing light hidden valley® original ranch®
- ☐ 1 pound soup noodles whole wheat

Equipment

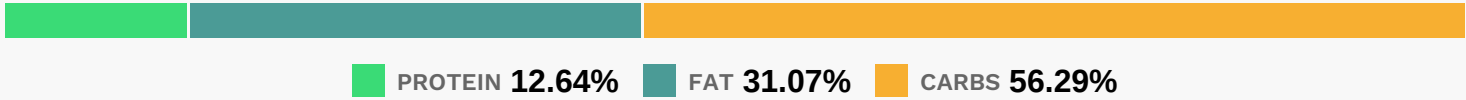
- ☐ bowl

☐ colander

Directions

- ☐ Cook the pasta in boiling water as directed on box for al dente, about 8 minutes.
- ☐ Drain and place the cooked pasta in a large bowl filled with ice water to stop the pasta from over cooking. Stir until pasta is cool then drain in a colander shaking to release as much water as possible. In a large bowl, mix pasta with Hidden Valley Original Ranch Light Dressing and mix to coat.
- ☐ Add in the peas, carrots, and bacon. Season with salt and pepper. Cook's note: If making ahead of time, cover and refrigerated the salad until ready to serve, then add the bacon right before serving.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:2.23, Inflammation Score:-10, Nutrition Score:24.395217540471%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 443.37kcal (22.17%), Fat: 15.85g (24.38%), Saturated Fat: 2.93g (18.34%), Carbohydrates: 64.6g (21.53%), Net Carbohydrates: 61.69g (22.43%), Sugar: 10.84g (12.05%), Cholesterol: 21.43mg (7.14%), Sodium: 440.19mg (19.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.01%), Manganese: 2.23mg (111.4%), Selenium: 53.25µg (76.07%), Vitamin A: 3772.07IU (75.44%), Vitamin K: 36.53µg (34.79%), Vitamin B1: 0.49mg (32.54%), Magnesium: 111.86mg (27.97%), Phosphorus: 259.88mg (25.99%), Vitamin B3: 5.12mg (25.58%), Vitamin C: 17.63mg (21.37%), Copper: 0.39mg (19.48%), Iron: 3.2mg (17.79%), Folate: 68.61µg (17.15%), Zinc: 2.36mg (15.7%), Vitamin B6: 0.28mg (14.04%), Fiber: 2.91g (11.64%), Vitamin B2: 0.19mg (11.4%), Potassium: 352.01mg (10.06%), Vitamin E: 1.32mg (8.79%), Vitamin B5: 0.86mg (8.61%), Calcium: 47.24mg (4.72%), Vitamin B12: 0.11µg (1.78%)