



Peppercorn Ranch Pasta



Dairy Free

READY IN



205 min.

SERVINGS



5

CALORIES



358 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby carrots sliced
- ☐ 1 cup broccoli florets fresh
- ☐ 1 cup cauliflower chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 10 ounces peppercorn ranch salad dressing
- ☐ 0.3 cup onion red chopped
- ☐ 2 cups colored rotini pasta

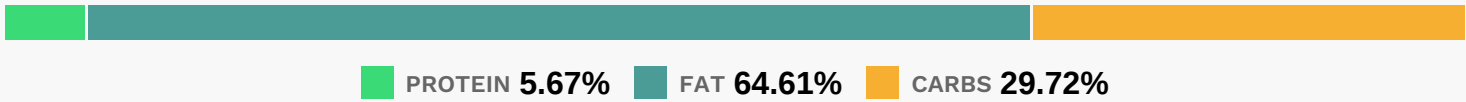
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Place cooked pasta in a large bowl and combine with sliced baby carrots, broccoli, red onion, cauliflower, green pepper and peppercorn ranch dressing; mix well. Cover and refrigerate for several hours.

Nutrition Facts



Properties

Glycemic Index:28.6, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:16.22043482117%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 357.68kcal (17.88%), Fat: 25.77g (39.65%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 24.02g (8.74%), Sugar: 5.73g (6.36%), Cholesterol: 14.74mg (4.91%), Sodium: 544.82mg (23.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Vitamin K: 100.65µg (95.86%), Vitamin A: 3692.9IU (73.86%), Vitamin C: 33.12mg (40.15%), Selenium: 18µg (25.71%), Manganese: 0.37mg (18.56%), Phosphorus: 182.61mg (18.26%), Fiber: 2.65g (10.59%), Vitamin E: 1.47mg (9.81%), Folate: 38.63µg (9.66%), Vitamin B5: 0.91mg (9.13%), Vitamin B6: 0.17mg (8.65%), Potassium: 292.51mg (8.36%), Magnesium: 26.48mg (6.62%), Copper: 0.13mg (6.52%), Vitamin B2: 0.11mg (6.5%), Iron: 0.97mg (5.38%), Vitamin B1: 0.07mg (4.58%), Calcium: 44.65mg (4.46%), Vitamin B3: 0.84mg (4.22%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.1µg (1.61%)