



Pepperoni-Pasta Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup water cold
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups broccoli florets frozen thawed drained
- ☐ 3.3 oz pepperoni sliced cut in half (1 cup)
- ☐ 0.8 cup tomatoes coarsely chopped
- ☐ 2.5 oz mushrooms drained sliced

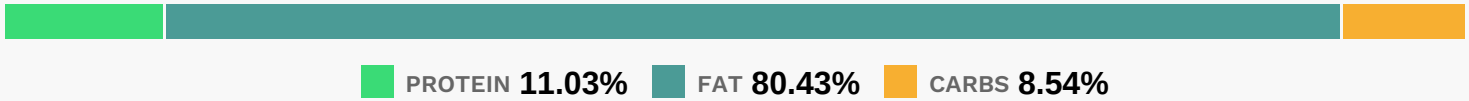
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ In large bowl, stir together Seasoning mix, oil and cold water; set aside.
- ☐ Drain pasta; rinse with cool water. Shake to drain well. Stir pasta and remaining ingredients into seasoning mixture.
- ☐ Serve immediately, or refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:12.272608839947%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg, Kaempferol: 3.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 231.52kcal (11.58%), Fat: 21.15g (32.54%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.35g (1.22%), Sugar: 1.87g (2.08%), Cholesterol: 22.34mg (7.45%), Sodium: 385.58mg (16.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Vitamin K: 68.71µg (65.44%), Vitamin C: 44.79mg (54.29%), Manganese: 0.27mg (13.64%), Selenium: 9.47µg (13.52%), Vitamin B3: 2.25mg (11.23%), Vitamin B2: 0.19mg (11.12%), Vitamin E: 1.58mg (10.53%), Vitamin A: 518.11IU (10.36%), Vitamin B6: 0.2mg (10.19%), Potassium: 330.07mg (9.43%), Folate: 37.5µg (9.38%), Phosphorus: 88.37mg (8.84%), Vitamin B5: 0.82mg (8.23%), Vitamin B1: 0.12mg (7.96%), Fiber: 1.71g (6.82%), Zinc: 0.89mg (5.93%), Copper: 0.12mg (5.92%), Vitamin B12: 0.31µg (5.11%), Magnesium: 18.52mg (4.63%), Iron: 0.81mg (4.51%), Calcium: 29.63mg (2.96%), Vitamin D: 0.33µg (2.23%)