



Pickled Mostaccioli



Vegetarian



Vegan



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium cucumber diced
- ☐ 1 teaspoon parsley dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 16 ounce mostaccioli pasta
- ☐ 1 medium onion quartered
- ☐ 1 teaspoon salt
- ☐ 1.5 cups sugar white

- ☐ 1.5 cups vinegar white
- ☐ 2 tablespoons mustard yellow prepared

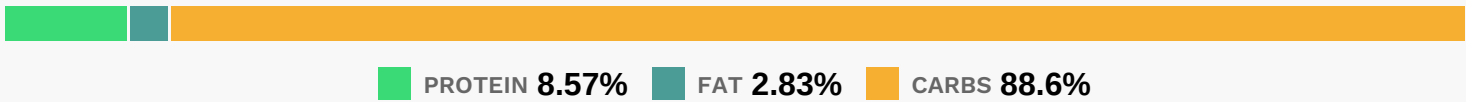
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the pasta, and cook for 8 to 10 minutes, until tender.
- ☐ Drain and cool, then transfer to a large bowl.
- ☐ In a blender or large food processor, combine the vinegar, sugar, mustard, garlic powder, salt, pepper, parsley, onion and cucumber. Puree until it forms a smooth sauce, about 3 minutes.
- ☐ Pour over the pasta, and stir to coat evenly. Cover, and refrigerate for 3 days before serving. Stir once a day.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:29.07, Inflammation Score:-2, Nutrition Score:5.2126087248325%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 250.7kcal (12.53%), Fat: 0.78g (1.2%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 53.12g (19.32%), Sugar: 26.64g (29.59%), Cholesterol: 0mg (0%), Sodium: 225.37mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.59%), Selenium: 25.18µg (35.97%), Manganese: 0.42mg

(21.23%), Phosphorus: 82.93mg (8.29%), Copper: 0.13mg (6.7%), Fiber: 1.66g (6.63%), Magnesium: 24.99mg (6.25%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.08mg (3.98%), Potassium: 130.8mg (3.74%), Iron: 0.64mg (3.57%), Vitamin B3: 0.68mg (3.39%), Vitamin B1: 0.05mg (3.3%), Folate: 11.23µg (2.81%), Vitamin B5: 0.23mg (2.26%), Vitamin B2: 0.04mg (2.15%), Calcium: 17.28mg (1.73%), Vitamin K: 1.71µg (1.62%), Vitamin C: 1.24mg (1.5%)