



## Picnic Pasta Salad

READY IN



45 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup broccoli chopped
- 1 cup cucumber chopped
- 12 servings ground pepper black to taste
- 2 tablespoons mayonnaise
- 1 cup mushrooms chopped
- 0.3 cup mustard prepared
- 1 pound seashell pasta
- 12 servings salt to taste
- 0.3 cup cheddar cheese shredded

- 0.8 cup vegetable oil
- 0.3 cup distilled vinegar white
- 1 cup sugar white

## Equipment

- bowl
- pot

## Directions

- Cook pasta in large pot of boiling salted water until al dente. Rinse with cool water.
- Drain well.
- Meanwhile, combine chopped vegetables, sugar, oil, mustard, mayonnaise, vinegar, and shredded Cheddar cheese in a large bowl. Season with salt and pepper to taste.
- Mix well. Stir in pasta. Refrigerate for 2 to 4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:31.84, Glycemic Load:23.21, Inflammation Score:-3, Nutrition Score:7.1865217938371%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 263.92kcal (13.2%), Fat: 6.15g (9.45%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 46.22g (15.41%), Net Carbohydrates: 44.42g (16.15%), Sugar: 18.18g (20.2%), Cholesterol: 3.33mg (1.11%), Sodium: 286.67mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Selenium: 27.44µg (39.2%), Manganese: 0.41mg (20.64%), Vitamin K: 17.43µg (16.6%), Phosphorus: 102.73mg (10.27%), Vitamin C: 7.08mg (8.59%), Copper: 0.15mg (7.71%), Fiber: 1.81g (7.22%), Magnesium: 27mg (6.75%), Vitamin B3: 1.01mg (5.07%), Zinc: 0.75mg (5%), Vitamin B2: 0.08mg (4.93%), Potassium: 159.85mg (4.57%), Vitamin B6: 0.09mg (4.31%), Iron: 0.72mg (4.01%), Vitamin B1: 0.06mg (4%), Folate: 15.33µg (3.83%), Vitamin B5: 0.38mg (3.82%), Calcium: 34.32mg (3.43%), Vitamin E: 0.44mg

(2.93%), Vitamin A: 83IU (1.66%)