

Ranch Pasta Salad

READY IN



45 min.

SERVINGS



6

CALORIES



849 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 tablespoons bacon bits
- 6 ounce olives black drained chopped canned
- 0.5 cup spring onion chopped
- 0.5 teaspoon pepper black
- 8 ounces monterrey jack cheese shredded
- 16 ounces soup noodles
- 5 ounce olive green sliced
- 16 ounce salad dressing ranch-style
- 8 ounces cheddar cheese shredded

Equipment

bowl

pot

Directions

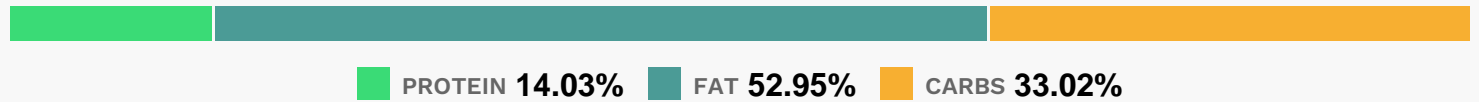
Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 to 10 minutes or until al dente; drain and reserve.

In a large bowl, combine black olives, green olives, Cheddar cheese, Monterey Jack cheese, bacon bits, dressing, onion, ground black pepper and pasta; mix well.

Cover bowl, refrigerate to chill for one hour, and serve.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:23.16, Inflammation Score:-7, Nutrition Score:23.348260630732%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 849.45kcal (42.47%), Fat: 50.13g (77.12%), Saturated Fat: 18.1g (113.1%), Carbohydrates: 70.32g (23.44%), Net Carbohydrates: 65.63g (23.87%), Sugar: 10.97g (12.19%), Cholesterol: 71.44mg (23.81%), Sodium: 2093.02mg (91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.75%), Selenium: 66.21µg (94.59%), Calcium: 611.64mg (61.16%), Vitamin K: 62.51µg (59.54%), Phosphorus: 506.93mg (50.69%), Manganese: 0.76mg (37.96%), Vitamin E: 4.35mg (29%), Zinc: 3.75mg (25%), Vitamin B2: 0.37mg (21.89%), Vitamin A: 984.9IU (19.7%), Fiber: 4.69g (18.76%), Magnesium: 74.7mg (18.67%), Copper: 0.34mg (17.23%), Vitamin B12: 0.75µg (12.49%), Vitamin B6: 0.24mg (11.78%), Iron: 1.93mg (10.71%), Potassium: 343.08mg (9.8%), Folate: 38.97µg (9.74%), Vitamin B1: 0.13mg (8.86%), Vitamin B3: 1.65mg (8.27%), Vitamin B5: 0.58mg (5.82%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.92mg (2.33%)