



Ranch Spinach Pasta Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby spinach
- 0.5 cup carrots (matchstick-cut)
- 0.5 cup cucumber halved sliced
- 0.8 cup grape tomatoes halved
- 1 tablespoon juice of lemon fresh
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 0.5 cup ranch dressing

Equipment

- bowl
- sauce pan

Directions

- Empty contents of pasta mix (from Suddenly Salad box) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake to drain well.
- In medium bowl, stir contents of seasoning mix (from Suddenly Salad box), the dressing and lemon juice until blended. Stir in pasta and remaining ingredients. Cover; refrigerate until ready to serve. Store any remaining salad covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:21.97, Glycemic Load:0.6, Inflammation Score:-9, Nutrition Score:8.6782608265462%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 98.48kcal (4.92%), Fat: 9.03g (13.89%), Saturated Fat: 1.41g (8.81%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 2.93g (1.07%), Sugar: 2.2g (2.45%), Cholesterol: 5.2mg (1.73%), Sodium: 199.04mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.81%), Vitamin K: 78.78µg (75.03%), Vitamin A: 2891.83IU (57.84%), Vitamin C: 7.32mg (8.87%), Manganese: 0.14mg (7.15%), Folate: 27.39µg (6.85%), Vitamin E: 0.82mg (5.5%), Phosphorus: 52.83mg (5.28%), Potassium: 164.94mg (4.71%), Magnesium: 13.71mg (3.43%), Fiber: 0.83g (3.33%), Vitamin B6: 0.06mg (3.1%), Vitamin B2: 0.05mg (2.89%), Iron: 0.44mg (2.47%), Vitamin B5: 0.24mg (2.42%), Calcium: 22.65mg (2.26%), Copper: 0.04mg (2.04%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.31mg (1.53%), Selenium: 0.82µg (1.18%), Zinc: 0.16mg (1.1%)