



Ranch Spinach Pasta Salad

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

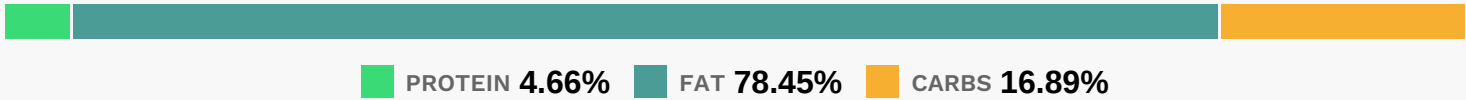
Equipment

- ☐ 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:10.865217584631%

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: 101.59kcal (5.08%), Fat: 9.08g (13.97%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.06g (1.11%), Sugar: 2.22g (2.47%), Cholesterol: 5.2mg (1.73%), Sodium: 200.06mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.43%), Vitamin K: 101.64µg (96.8%), Vitamin A: 2901.75IU (58.04%), Manganese: 0.27mg (13.68%), Iron: 1.64mg (9.12%), Vitamin C: 7.33mg (8.88%), Folate: 31.53µg (7.88%), Vitamin E: 0.97mg (6.45%), Magnesium: 23.19mg (5.8%), Potassium: 200.01mg (5.71%), Phosphorus: 56.48mg (5.65%), Fiber: 1.34g (5.35%), Calcium: 52.51mg (5.25%), Vitamin B6: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.83%), Copper: 0.07mg (3.44%), Vitamin B5: 0.25mg (2.53%), Vitamin B1: 0.03mg (1.99%), Vitamin B3: 0.37mg (1.85%), Zinc: 0.26mg (1.73%), Selenium: 0.86µg (1.23%)