



Red, White and Blueberry Pasta Salad

READY IN



50 min.

SERVINGS



6

CALORIES



64 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 serving vegetable oil for salad mix box
- 1 cup bell pepper diced red
- 1 cup blueberries
- 0.3 cup feta cheese crumbled

Equipment

Directions

- Make pasta salad as directed on box.
- Stir in bell pepper and blueberries.
- Sprinkle with feta cheese. Refrigerate 30 minutes before serving. Cover and refrigerate any remaining salad.

Nutrition Facts

PROTEIN 9.75%

FAT 57.62%

CARBS 32.63%

Properties

Glycemic Index:16.5, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:5.490869531165%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 63.8kcal (3.19%), Fat: 4.28g (6.59%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.51g (3.9%), Cholesterol: 7.42mg (2.47%), Sodium: 98.64mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 34.18mg (41.43%), Vitamin A: 827.3IU (16.55%), Vitamin K: 10.42µg (9.92%), Vitamin B6: 0.12mg (6.02%), Vitamin B2: 0.1mg (5.97%), Manganese: 0.11mg (5.65%), Vitamin E: 0.74mg (4.93%), Fiber: 1.12g (4.48%), Calcium: 44.37mg (4.44%), Folate: 15.89µg (3.97%), Phosphorus: 37.5mg (3.75%), Vitamin B1: 0.04mg (2.36%), Vitamin B12: 0.14µg (2.35%), Zinc: 0.34mg (2.28%), Potassium: 76.97mg (2.2%), Vitamin B3: 0.43mg (2.14%), Vitamin B5: 0.19mg (1.9%), Selenium: 1.3µg (1.86%), Magnesium: 6.04mg (1.51%), Iron: 0.24mg (1.31%), Copper: 0.02mg (1.05%)