



## Roasted Vegetable Pasta Salad

 Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



1226 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 cup balsamic vinaigrette dressing divided kraft
- 0.3 tsp pepper black
- 2.3 cups pasta uncooked
- 0.8 cup basil leaves fresh divided
- 0.3 cup real mayo mayonnaise kraft
- 1 small bell pepper red cut into strips
- 1 baby squash yellow sliced quartered

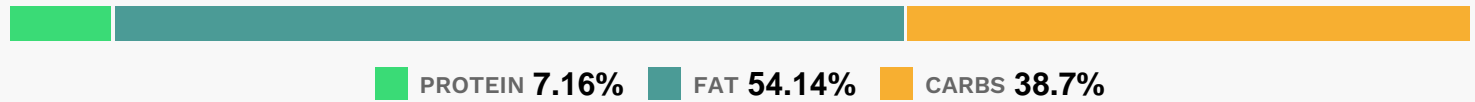
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400F.
- Toss squash and red peppers with 2 Tbsp. dressing; spread onto rimmed baking sheet.
- Bake 20 to 25 min. or until crisp-tender; cool. Meanwhile, cook pasta as directed on package, omitting salt.
- Drain; set aside until ready to use.
- Mix mayo and remaining dressing in large bowl until blended.
- Add pasta, roasted vegetables, 1/2 cup basil and black pepper; mix lightly.
- Garnish with remaining basil.

## Nutrition Facts



## Properties

Glycemic Index:258, Glycemic Load:43.22, Inflammation Score:-10, Nutrition Score:37.445652262024%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 1226.09kcal (61.3%), Fat: 73.48g (113.05%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 118.19g (39.4%), Net Carbohydrates: 109.74g (39.91%), Sugar: 14.02g (15.58%), Cholesterol: 23.52mg (7.84%), Sodium: 1079.4mg (46.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.86g (43.73%), Vitamin K: 176.44µg (168.04%), Vitamin C: 131.28mg (159.13%), Selenium: 87.15µg (124.5%), Manganese: 1.94mg (96.91%), Vitamin A: 3697.57IU (73.95%), Vitamin B6: 0.87mg (43.41%), Phosphorus: 371.5mg (37.15%), Fiber: 8.44g (33.78%), Folate: 130.3µg (32.58%), Magnesium: 126.68mg (31.67%), Potassium: 1041.66mg (29.76%), Copper: 0.59mg (29.46%), Vitamin B2: 0.45mg (26.32%), Vitamin E: 3.54mg (23.59%), Vitamin B3: 4.14mg (20.71%), Iron: 3.5mg (19.42%), Zinc: 2.89mg (19.28%), Vitamin B1: 0.27mg (17.85%), Vitamin B5: 1.26mg (12.61%), Calcium: 109.34mg (10.93%), Vitamin

B12: 0.07µg (1.12%)