



Seashell Salad

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil fresh shredded
- ☐ 1 cup celery sliced
- ☐ 1 garlic clove minced
- ☐ 0.5 cup green onions sliced
- ☐ 16 ounce shells uncooked
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 bell pepper red cut into thin strips
- ☐ 1 teaspoon salt

- ☐ 0.5 pound snow peas
- ☐ 0.8 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar

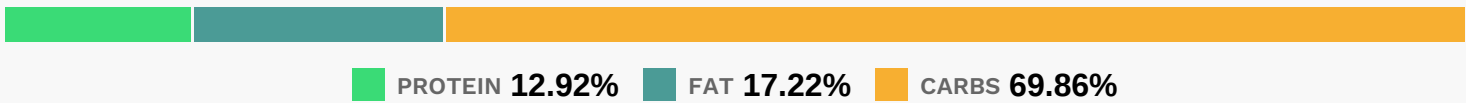
Equipment

- ☐ whisk

Directions

- ☐ Cook snow peas in boiling salted water to cover 1 minute or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain and set aside.
- ☐ Cook pasta according to package directions; drain. Rinse with cold water; drain. Stir together snow peas, pasta, and next 4 ingredients.
- ☐ Whisk together vegetable oil and next 4 ingredients.
- ☐ Pour over pasta mixture; toss gently. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:11.61, Inflammation Score:-6, Nutrition Score:8.8208697049514%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 178.96kcal (8.95%), Fat: 3.39g (5.22%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 28.78g (10.47%), Sugar: 2.4g (2.66%), Cholesterol: 0mg (0%), Sodium: 205.08mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Selenium: 24.13µg (34.47%), Vitamin C: 25.24mg (30.59%), Manganese: 0.44mg (22.03%), Vitamin K: 22.88µg (21.79%), Vitamin A: 613.32IU (12.27%), Phosphorus: 88.7mg (8.87%), Fiber: 2.18g (8.74%), Magnesium: 28.14mg (7.04%), Copper: 0.14mg (6.8%), Folate: 25.25µg (6.31%), Vitamin B6: 0.13mg (6.27%), Iron: 1.05mg (5.85%), Potassium: 181.47mg (5.18%), Vitamin B1: 0.07mg (4.83%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.64mg (4.3%), Vitamin B5: 0.36mg (3.63%), Vitamin E: 0.54mg (3.63%), Vitamin B2: 0.05mg (3.24%), Calcium: 24.96mg (2.5%)