



Seashell Salad with Buttermilk-Chive Dressing

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby arugula loosely packed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup nonfat buttermilk fat-free
- ☐ 1 tablespoon chives fresh minced
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.3 cup mayonnaise organic
- ☐ 1 teaspoon olive oil
- ☐ 8 ounces soup noodles uncooked

- ☐ 1 cup peas green frozen
- ☐ 0.5 cup pancetta finely chopped
- ☐ 0.5 teaspoon salt

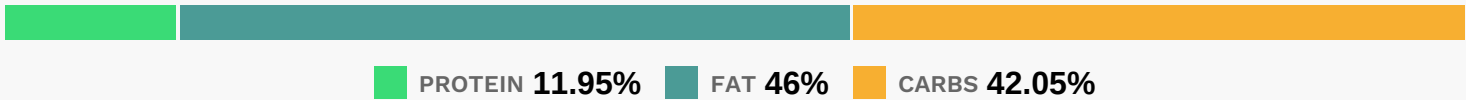
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook pasta according to package directions.
- ☐ Add peas to pasta during last 2 minutes of cooking.
- ☐ Drain and rinse with cold water; drain well.
- ☐ While pasta cooks, combine mayonnaise and next 6 ingredients (through garlic) in a large bowl.
- ☐ Add pasta mixture and arugula; toss to coat.
- ☐ Heat oil in a skillet over medium-high heat.
- ☐ Add prosciutto; saut 2 minutes.
- ☐ Drain on paper towels.
- ☐ Sprinkle prosciutto over salad.

Nutrition Facts



Properties

Glycemic Index:80.08, Glycemic Load:18.72, Inflammation Score:-8, Nutrition Score:15.303478396457%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 478.79kcal (23.94%), Fat: 24.31g (37.39%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 45.77g (16.64%), Sugar: 4.62g (5.14%), Cholesterol: 25.69mg (8.56%), Sodium: 597.27mg (25.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Selenium: 43.02µg (61.45%), Vitamin K: 45.4µg (43.24%), Manganese: 0.77mg (38.7%), Vitamin C: 17.88mg (21.67%), Phosphorus: 200.69mg (20.07%), Fiber: 4.22g (16.9%), Vitamin B1: 0.24mg (15.93%), Vitamin B3: 2.97mg (14.84%), Copper: 0.26mg (13.12%), Magnesium: 52.33mg (13.08%), Vitamin B6: 0.25mg (12.55%), Vitamin A: 592.56IU (11.85%), Zinc: 1.7mg (11.34%), Folate: 45.27µg (11.32%), Iron: 1.72mg (9.58%), Potassium: 327.82mg (9.37%), Vitamin B2: 0.12mg (7.2%), Vitamin E: 0.89mg (5.92%), Vitamin B5: 0.53mg (5.31%), Calcium: 48.22mg (4.82%), Vitamin B12: 0.16µg (2.74%)