



Seaside BLT Pasta Salad

READY IN



80 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup bacon crumbled cooked
- 0.3 cup spring onion thinly sliced
- 2 cups lettuce thinly sliced
- 2 tablespoons juice of lemon
- 18 oz lump crab meat rinsed drained canned
- 0.8 cup mayonnaise
- 2 tablespoons milk
- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1.5 cups tomatoes drained chopped

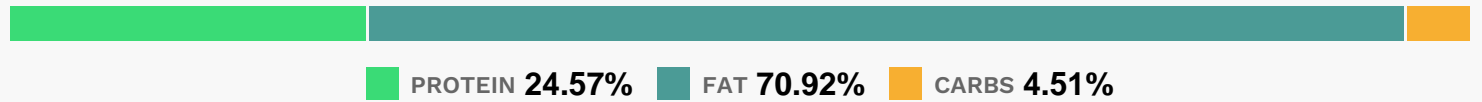
Equipment

- bowl
- sauce pan

Directions

- Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Meanwhile, in large bowl, stir together Seasoning mix, mayonnaise, milk and lemon juice. Stir crab meat, green onions and bacon.
- Drain pasta; rinse with cold water. Shake to drain well. Stir pasta into salad mixture. Cover and refrigerate 1 hour to chill. Just before serving, gently toss with lettuce and tomatoes to coat.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:18.996521913487%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 299.95kcal (15%), Fat: 23.4g (36%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 2.48g (0.9%), Sugar: 2.09g (2.32%), Cholesterol: 52.74mg (17.58%), Sodium: 977.19mg (42.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Vitamin B12: 7.77µg (129.44%), Vitamin K: 63.01µg (60.01%), Selenium: 34.14µg (48.77%), Copper: 0.83mg (41.33%), Zinc: 5.39mg (35.9%), Phosphorus: 231.14mg (23.11%), Vitamin C: 14.45mg (17.52%), Folate: 55.36µg (13.84%), Magnesium: 50.92mg (12.73%), Vitamin A: 522.35IU (10.45%), Vitamin B6: 0.2mg (10.14%), Potassium: 349.28mg (9.98%), Vitamin B3: 1.71mg (8.56%), Vitamin E: 1.22mg (8.1%), Vitamin B1: 0.1mg (6.38%), Calcium: 59.44mg (5.94%), Manganese: 0.11mg (5.63%), Iron: 0.87mg (4.86%), Vitamin B5: 0.48mg (4.82%), Vitamin B2: 0.08mg (4.52%), Fiber: 0.86g (3.46%)