



Seven-Layer Holiday Pasta Salad

READY IN



510 min.

SERVINGS



8

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces farfalle pasta uncooked (bow-tie)
- 2 cups broccoli florets
- 1.5 cups tomatoes chopped
- 1 cup bell pepper yellow chopped
- 0.3 cup onion diced red
- 1 cup salad dressing
- 0.5 cup yogurt plain
- 2 tablespoons sugar
- 0.5 teaspoon curry powder

- 6 ounces cheddar cheese shredded
- 1 tablespoon bacon bits
- 2 tablespoons parsley fresh finely chopped

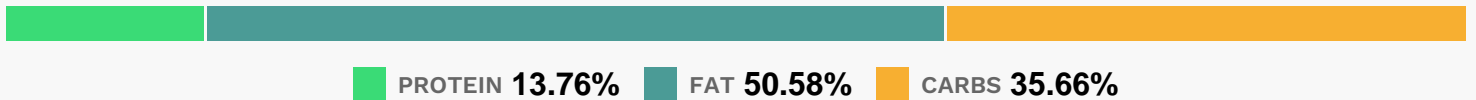
Equipment

- bowl

Directions

- Cook and drain pasta as directed on package.
- Place broccoli in boiling water. Cover and cook 1 minute; drain. Immediately rinse with cold water; drain.
- While pasta is cooking, layer tomatoes, broccoli, bell pepper and onion in 2-quart glass serving bowl.
- In medium bowl, mix mayonnaise, yogurt, sugar and curry powder. Stir in pasta.
- Layer pasta evenly over onion in serving bowl.
- Sprinkle with cheese. Top with bacon bits and parsley. Cover and refrigerate at least 8 hours before serving but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:36.51, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:13.606956551904%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 256.12kcal (12.81%), Fat: 14.59g (22.44%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 23.14g (7.71%), Net Carbohydrates: 21.32g (7.75%), Sugar: 8.74g (9.72%), Cholesterol: 23.25mg (7.75%), Sodium: 464.33mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin C: 60.35mg (73.15%), Vitamin K: 58.97µg (56.16%), Selenium: 16.66µg (23.8%), Calcium: 195.61mg (19.56%), Phosphorus: 174.16mg (17.42%), Vitamin A: 736.09IU (14.72%), Manganese: 0.26mg (12.95%), Vitamin B2: 0.16mg (9.7%), Folate: 35.54µg (8.89%), Zinc: 1.31mg (8.72%), Potassium: 292.51mg (8.36%), Vitamin E: 1.25mg (8.35%), Vitamin B6: 0.16mg (8.15%), Fiber: 1.83g (7.3%), Magnesium: 28.96mg (7.24%), Copper: 0.11mg (5.63%), Vitamin B12: 0.29µg (4.88%), Vitamin B1: 0.07mg (4.7%), Iron: 0.75mg (4.17%), Vitamin B3: 0.82mg (4.09%), Vitamin B5: 0.41mg (4.07%)