



Southwest Pasta Salad

READY IN



30 min.

SERVINGS



12

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 boxes ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.5 cup water cold
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoons hot sauce red
- ☐ 0.5 teaspoon ground cumin
- ☐ 15 oz pinto beans black rinsed drained canned
- ☐ 14.5 oz tomatoes diced with jalapeños, drained canned

- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 0.5 cup olives ripe sliced
- ☐ 0.5 cup bell pepper green red yellow chopped
- ☐ 1 medium avocado peeled cut into 1/2-inch cubes
- ☐ 8 oz pepper jack cheese cut into 1/2-inch cubes (2 cups)
- ☐ 1 leaves the of 1 cos lettuce

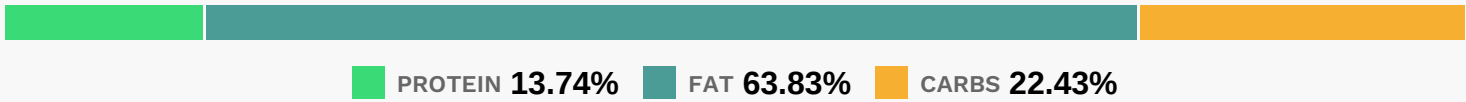
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mixes into 4-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Meanwhile, in large bowl, stir together Seasoning mixes, cold water, olive oil, vinegar, cilantro, pepper sauce and cumin.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ Add pasta, beans, tomatoes, corn, olives, bell pepper, avocado and cheese to seasoning mixture; toss gently to coat. If desired, serve on a platter lined with lettuce leaves.
- ☐ Serve immediately, or cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:16.58, Glycemic Load:1.87, Inflammation Score:-5, Nutrition Score:8.0926087006279%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg,

Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 215.78kcal (10.79%), Fat: 15.71g (24.17%), Saturated Fat: 5.02g (31.37%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 8.96g (3.26%), Sugar: 1.62g (1.8%), Cholesterol: 16.82mg (5.61%), Sodium: 420.94mg (18.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.61g (15.22%), Calcium: 176.59mg (17.66%), Phosphorus: 145.31mg (14.53%), Vitamin C: 11.47mg (13.9%), Fiber: 3.45g (13.82%), Vitamin E: 1.94mg (12.93%), Vitamin K: 12.4µg (11.81%), Folate: 40.13µg (10.03%), Manganese: 0.2mg (10.02%), Vitamin A: 464.53IU (9.29%), Potassium: 313.41mg (8.95%), Magnesium: 30.44mg (7.61%), Vitamin B2: 0.13mg (7.58%), Iron: 1.31mg (7.3%), Vitamin B6: 0.14mg (7.09%), Copper: 0.14mg (7.09%), Zinc: 1.02mg (6.78%), Vitamin B3: 0.91mg (4.54%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.06mg (3.94%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.16µg (2.61%)