



## Southwest Pasta Salad

READY IN



30 min.

SERVINGS



12

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 medium avocado peeled cut into 1/2-inch cubes
- ☐ 14.5 oz tomatoes diced with jalapeños, drained canned
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olives ripe sliced
- ☐ 2 boxes ranch & bacon pasta salad mix betty crocker® suddenly salad®
- ☐ 8 oz pepper jack cheese cut into 1/2-inch cubes (2 cups)

- ☐ 15 oz pinto beans black rinsed drained progresso® canned
- ☐ 0.5 cup water cold
- ☐ 11 oz corn whole with red and green peppers, drained green giant® steamcrisp® mexicorn® canned
- ☐ 0.5 cup bell pepper green red yellow chopped

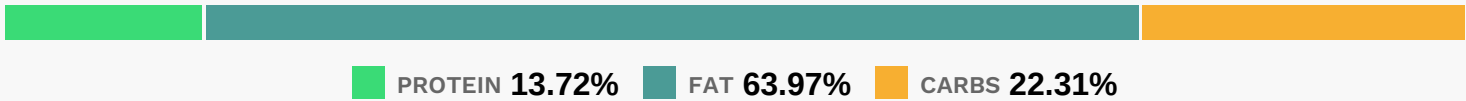
## Equipment

- ☐ 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:-4, Nutrition Score:7.6543478032817%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 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 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: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 215.27kcal (10.76%), Fat: 15.7g (24.15%), Saturated Fat: 5.02g (31.36%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 8.92g (3.24%), Sugar: 1.58g (1.76%), Cholesterol: 16.82mg (5.61%), Sodium: 392.12mg (17.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.15%), Calcium: 175.73mg (17.57%), Phosphorus: 144.49mg (14.45%), Fiber: 3.4g (13.61%), Vitamin E: 1.94mg (12.9%), Vitamin C: 10.56mg (12.8%), Manganese: 0.2mg (9.81%), Vitamin K: 9.99µg (9.51%), Folate: 36.89µg (9.22%), Potassium: 306.09mg (8.75%), Magnesium: 30.06mg (7.51%), Vitamin B2: 0.13mg (7.43%), Iron: 1.29mg (7.15%), Copper: 0.14mg (7.02%), Vitamin B6: 0.14mg (6.91%), Zinc: 1.01mg (6.73%), Vitamin A: 259.54IU (5.19%), Vitamin B3: 0.9mg (4.49%), Selenium: 2.9µg (4.14%), Vitamin B1: 0.06mg (3.8%), Vitamin B5: 0.37mg (3.69%), Vitamin B12: 0.16µg (2.61%)