



Southwestern Pasta Salad

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz rotini pasta uncooked
- 1 cup corn sweet frozen organic cascadian farm®
- 16 oz salsa organic
- 0.3 cup olive oil
- 3 tablespoons juice of lime
- 0.5 teaspoon coarse salt (kosher or sea)
- 0.3 cup cilantro leaves fresh chopped
- 1 cup bell pepper red chopped

- 15 oz black beans rinsed drained canned
- 2.3 oz olives ripe drained sliced canned

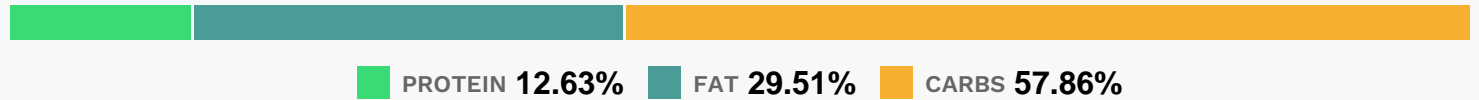
Equipment

- bowl

Directions

- Cook pasta as directed on box, adding corn during last 2 minutes of cook time.
- Drain; rinse with cold water.
- In large bowl, stir together salsa, olive oil, lime juice and salt. Stir in pasta and remaining ingredients.
- Cover; refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:20.19, Glycemic Load:10.73, Inflammation Score:-7, Nutrition Score:12.756521764009%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 266.07kcal (13.3%), Fat: 9.01g (13.86%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 39.75g (13.25%), Net Carbohydrates: 33g (12%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 848.9mg (36.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.35%), Vitamin C: 29.23mg (35.43%), Selenium: 19.26µg (27.51%), Fiber: 6.75g (26.99%), Manganese: 0.5mg (25.22%), Vitamin A: 975.95IU (19.52%), Vitamin E: 2.34mg (15.57%), Phosphorus: 150.14mg (15.01%), Folate: 53.9µg (13.48%), Potassium: 467.12mg (13.35%), Vitamin B6: 0.26mg (12.78%), Magnesium: 50.84mg (12.71%), Copper: 0.25mg (12.29%), Iron: 1.88mg (10.42%), Vitamin B1: 0.15mg (10.08%), Vitamin B3: 1.99mg (9.93%), Vitamin K: 9.16µg (8.72%), Vitamin B2: 0.13mg (7.53%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.56mg (5.58%), Calcium: 47.74mg (4.77%)