



Southwestern Ranch Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 cup corn frozen
- 0.5 cup ranch dressing
- 1 tablespoon juice of lime
- 1.5 cups broccoli florets
- 1 cup grape tomatoes halved
- 0.3 cup spring onion sliced
- 2 tablespoons cilantro leaves fresh chopped

1 serving tortilla chips

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, adding corn during last 2 minutes of cooking.

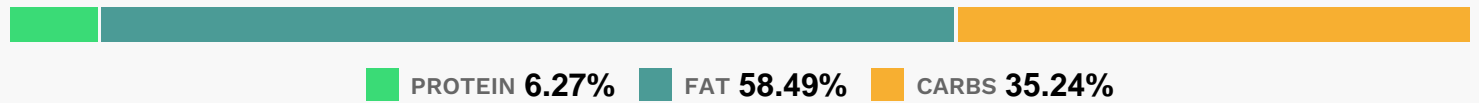
Drain pasta and corn; rinse with cold water. Shake to drain well.

In medium bowl, stir together seasoning mix, dressing and lime juice. Stir in pasta with corn and remaining ingredients except tortilla chips.

Serve salad with tortilla chips.

Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:8.3200000032135%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 10.23g (15.74%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 11.83g (4.3%), Sugar: 2.16g (2.4%), Cholesterol: 5.2mg (1.73%), Sodium: 208.81mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin K: 62µg (59.04%), Vitamin C: 27.25mg (33.03%), Phosphorus: 94.56mg (9.46%), Folate: 33.74µg (8.43%), Vitamin A: 410.5IU (8.21%), Fiber: 2.04g (8.16%), Potassium: 248.42mg (7.1%), Manganese: 0.14mg (6.78%), Vitamin E: 0.95mg (6.35%), Vitamin B6: 0.13mg (6.35%), Magnesium: 22.3mg (5.57%), Vitamin B2: 0.08mg (4.71%), Vitamin B5: 0.45mg (4.55%), Vitamin B1: 0.07mg (4.41%), Vitamin B3:

0.83mg (4.16%), Iron: 0.62mg (3.46%), Zinc: 0.45mg (2.97%), Calcium: 28.33mg (2.83%), Copper: 0.05mg (2.63%),
Selenium: 1.72µg (2.46%)