



Spaghetti Salad II

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce olives black halved drained canned
- 1 head broccoli fresh chopped
- 1 head cauliflower finely chopped
- 2 large cucumbers finely chopped
- 16 ounce 1 (16 ounce) bottle zesty italian dressing italian
- 1 ounce ranch dressing mix
- 1 tablespoon salad seasoning mix
- 1 pound pasta like spaghetti

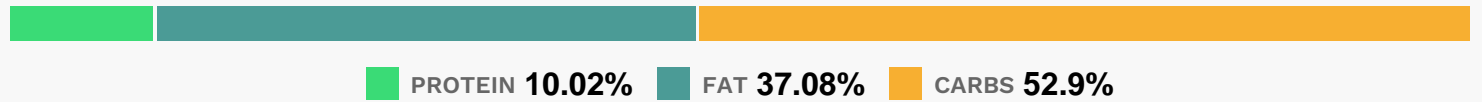
Equipment

- bowl
- pot

Directions

- In a large pot of salted boiling water, cook spaghetti until al-dente, rinse and cool.
- Add the pasta to a large bowl and mix with the chopped broccoli, cauliflower and cucumbers.
- Add the ranch salad dressing mix and zesty Italian dressing to the spaghetti and vegetables and sprinkle with the Schilling Salad Seasoning™.
- Mix well and add more seasoning to taste. Before serving add the black olives. For added color halved cherry tomatoes may be added.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:7.55, Inflammation Score:-5, Nutrition Score:11.374782582988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 190.02kcal (9.5%), Fat: 8g (12.31%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 25.68g (8.56%), Net Carbohydrates: 22.52g (8.19%), Sugar: 4.63g (5.14%), Cholesterol: 0mg (0%), Sodium: 617.63mg (26.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Vitamin K: 55.04µg (52.42%), Vitamin C: 41.98mg (50.88%), Selenium: 15.93µg (22.76%), Manganese: 0.38mg (19.04%), Fiber: 3.16g (12.65%), Folate: 45.8µg (11.45%), Vitamin E: 1.57mg (10.49%), Vitamin B6: 0.18mg (9%), Potassium: 306.19mg (8.75%), Phosphorus: 86.64mg (8.66%), Magnesium: 31.08mg (7.77%), Copper: 0.14mg (7.05%), Iron: 1.11mg (6.19%), Vitamin A: 297.14IU (5.94%), Vitamin B5: 0.54mg (5.42%), Calcium: 52.9mg (5.29%), Vitamin B1: 0.07mg (4.96%), Vitamin B2: 0.08mg (4.62%), Vitamin B3: 0.84mg (4.2%), Zinc: 0.61mg (4.08%)