



Spaghetti Salad III

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup celery chopped
- ☐ 1 onion chopped
- ☐ 1 cup peas green frozen
- ☐ 16 ounce salad dressing ranch-style
- ☐ 4.5 ounce shrimp drained canned
- ☐ 22 ounces pasta like spaghetti

Equipment

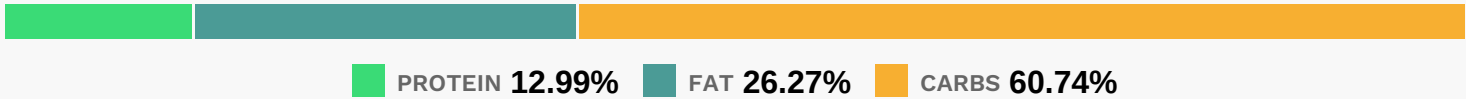
- ☐ bowl

☐ pot

Directions

- ☐ Break pasta in half and cook in a pot of boiling salted water until al-dente.
- ☐ Drain and cool under cold water.
- ☐ In a large bowl, combine the pasta, celery, seafood, onion and peas. Toss with enough dressing to coat. Refrigerate until chilled and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:24.44, Inflammation Score:-5, Nutrition Score:14.197391219761%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 460.82kcal (23.04%), Fat: 13.33g (20.51%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 69.34g (23.11%), Net Carbohydrates: 65.38g (23.77%), Sugar: 9.98g (11.09%), Cholesterol: 25.67mg (8.56%), Sodium: 598.23mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.65%), Selenium: 50.85µg (72.64%), Manganese: 0.84mg (42.14%), Vitamin K: 40.08µg (38.17%), Phosphorus: 216.57mg (21.66%), Copper: 0.34mg (17.01%), Fiber: 3.96g (15.85%), Magnesium: 58.48mg (14.62%), Zinc: 1.62mg (10.78%), Vitamin C: 8.89mg (10.77%), Potassium: 360.7mg (10.31%), Vitamin B6: 0.2mg (10.17%), Vitamin B1: 0.14mg (9.25%), Vitamin E: 1.39mg (9.25%), Vitamin B3: 1.83mg (9.17%), Iron: 1.56mg (8.69%), Folate: 32.97µg (8.24%), Vitamin B2: 0.08mg (4.8%), Calcium: 46.69mg (4.67%), Vitamin A: 216.03IU (4.32%), Vitamin B5: 0.4mg (4.03%)