



Spinach and Caesar Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 12 oz at least of turkey bacon cooked cut into small pieces
- ☐ 10 oz baby spinach fresh washed
- ☐ 8 oz mushrooms fresh sliced
- ☐ 5 hardboiled eggs sliced
- ☐ 0.3 cup sugar
- ☐ 0.3 cup catsup
- ☐ 0.3 cup apple cider vinegar

- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon water

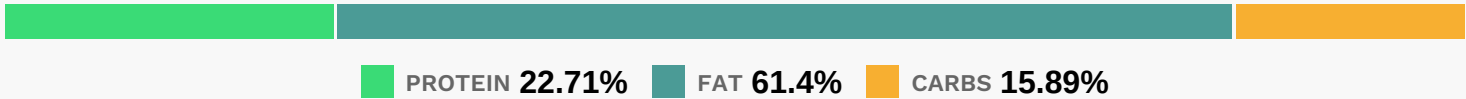
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ In large bowl, gently toss together pasta, bacon, spinach, mushrooms and eggs. In small bowl, stir together Seasoning and Crouton Blend, sugar, ketchup, vinegar, oil and water. Just before serving, gently toss salad ingredients with seasoning mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.76, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:20.182173956995%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 321.65kcal (16.08%), Fat: 22.26g (34.25%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 11.86g (4.31%), Sugar: 9.46g (10.52%), Cholesterol: 158.24mg (52.75%), Sodium: 1132.88mg (49.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.53g (37.05%), Vitamin K: 187.1µg (178.19%), Vitamin A: 3537.68IU (70.75%), Selenium: 23.7µg (33.86%), Phosphorus: 294.3mg (29.43%), Vitamin B2: 0.46mg (27.12%), Folate: 92.28µg (23.07%), Manganese: 0.37mg (18.4%), Potassium: 529.22mg (15.12%), Vitamin B3: 2.94mg (14.72%), Vitamin E: 2.19mg (14.57%), Vitamin B6: 0.29mg (14.41%), Iron: 2.43mg (13.5%), Vitamin C: 10.97mg (13.29%), Zinc:

1.97mg (13.15%), Magnesium: 47.7mg (11.92%), Copper: 0.21mg (10.7%), Vitamin B5: 0.89mg (8.89%), Vitamin B12: 0.51µg (8.52%), Vitamin B1: 0.1mg (6.52%), Vitamin D: 0.91µg (6.1%), Calcium: 57.57mg (5.76%), Fiber: 1.1g (4.39%)