



Strawberry-Orange Pasta Salad

 Dairy Free

READY IN



105 min.

SERVINGS



45

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

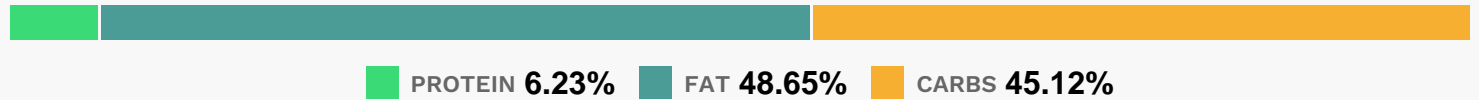
- 11 oz mandarin orange segments drained canned
- 2 cups farfalle pasta uncooked (bow-tie pasta)
- 4 green onions sliced
- 0.3 cup real mayo mayonnaise kraft
- 0.3 cup creamy poppyseed dressing kraft
- 1 cup strawberries fresh sliced

Equipment

Directions

- Cook pasta as directed on package, omitting salt; drain. Cool.
- Mix dressing and mayo until blended.
- Add pasta and onions; toss to coat. Gently stir in fruit.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.89, Inflammation Score:-1, Nutrition Score:1.1513043483314%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 29.84kcal (1.49%), Fat: 1.62g (2.5%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.13g (1.14%), Sugar: 1.22g (1.36%), Cholesterol: 1.28mg (0.43%), Sodium: 24.35mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 4.44mg (5.38%), Vitamin K: 5.53µg (5.27%), Selenium: 1.85µg (2.64%), Vitamin A: 103.91IU (2.08%), Manganese: 0.04mg (2.03%), Fiber: 0.26g (1.04%)