



Sunny Broccoli Pasta Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 cup mayonnaise
- 2 tablespoons sugar
- 2 tablespoons apple cider vinegar
- 4 cups broccoli florets fresh
- 0.3 cup onion red chopped
- 0.5 cup raisins
- 0.5 cup sunflower seeds

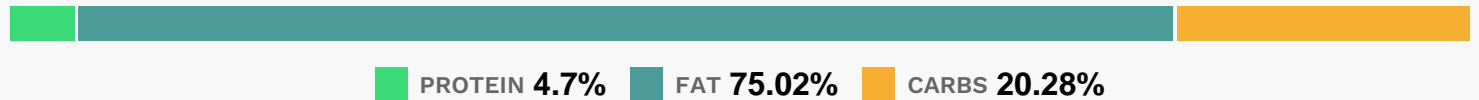
Equipment

- 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, stir together seasoning mix, mayonnaise, sugar and vinegar. Stir in pasta, broccoli, onion, raisins and sunflower nuts.
- Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:37.24, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:13.535652272079%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 296.38kcal (14.82%), Fat: 25.49g (39.21%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.89g (4.69%), Sugar: 4.38g (4.87%), Cholesterol: 11.76mg (3.92%), Sodium: 198.33mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.18%), Vitamin K: 92.07µg (87.69%), Vitamin C: 41.57mg (50.38%), Vitamin E: 4.22mg (28.13%), Manganese: 0.3mg (15.05%), Folate: 50.54µg (12.63%), Vitamin B1: 0.17mg (11.43%), Vitamin B6: 0.22mg (10.88%), Fiber: 2.61g (10.44%), Copper: 0.21mg (10.41%), Magnesium: 40.46mg (10.11%), Phosphorus: 99.73mg (9.97%), Selenium: 6.32µg (9.03%), Potassium: 288.57mg (8.24%), Vitamin B2: 0.11mg (6.28%), Vitamin A: 306.91IU (6.14%), Iron: 1.09mg (6.05%), Vitamin B3: 1.1mg (5.48%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.41mg (4.14%), Calcium: 34.19mg (3.42%)