



## Supreme Pasta Salad by McCormick®

 Dairy Free

READY IN



270 min.

SERVINGS



12

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce fusilli pasta
- 8 ounce ranch salad dressing italian
- 0.3 cup penzey's southwest seasoning mccormick® salad supreme®

### Equipment

- bowl

### Directions

- Cook pasta as directed on package. Rinse under cold water; drain well.
- Place pasta and vegetables in large bowl.
- Add dressing and Seasoning; toss gently to coat. Cover.
- Refrigerate at least 4 hours or until ready to serve. Toss before serving.

## Nutrition Facts



### Properties

Glycemic Index:3.92, Glycemic Load:11.41, Inflammation Score:-3, Nutrition Score:9.8934782361207%

### Nutrients (% of daily need)

Calories: 234.57kcal (11.73%), Fat: 9.19g (14.14%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 29.43g (10.7%), Sugar: 2.1g (2.33%), Cholesterol: 4.91mg (1.64%), Sodium: 173.79mg (7.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin K: 56.01µg (53.34%), Selenium: 24.77µg (35.39%), Manganese: 0.6mg (30.03%), Fiber: 3.3g (13.22%), Iron: 2.36mg (13.12%), Phosphorus: 113.89mg (11.39%), Calcium: 91.94mg (9.19%), Vitamin E: 1.36mg (9.07%), Magnesium: 34.29mg (8.57%), Copper: 0.14mg (7.2%), Vitamin B6: 0.11mg (5.54%), Folate: 19.24µg (4.81%), Zinc: 0.7mg (4.65%), Potassium: 158.49mg (4.53%), Vitamin B3: 0.88mg (4.41%), Vitamin B2: 0.07mg (3.83%), Vitamin B5: 0.36mg (3.59%), Vitamin B1: 0.05mg (3.04%), Vitamin A: 91.02IU (1.82%)