



Sweet and Sour Asian Pasta Salad

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups cabbage shredded chinese (napa)
- 8 ounces water chestnuts drained sliced canned
- 3 ounces capellini uncooked (angel hair)
- 3 ounces mushrooms sliced
- 1 cup snow peas chinese cut in half (4 ounces)
- 0.3 cup yogurt plain
- 0.5 cup roasted cashews salted chopped
- 0.8 cup soy sauce

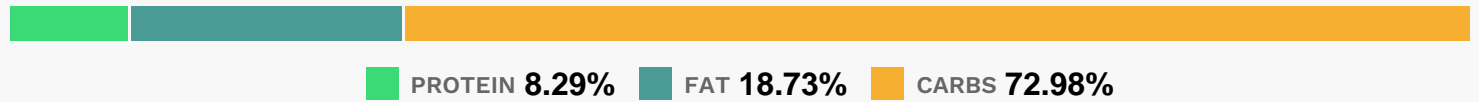
Equipment

bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Place pasta, cabbage, mushrooms, pea pods and water chestnuts in large bowl.
- Mix sweet-and-sour sauce and yogurt with fork.
- Pour over salad; toss until coated.
- Sprinkle with cashews.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:5.16, Inflammation Score:-5, Nutrition Score:12.052173830893%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 293.55kcal (14.68%), Fat: 6.11g (9.4%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 53.58g (17.86%), Net Carbohydrates: 49.58g (18.03%), Sugar: 26.73g (29.7%), Cholesterol: 1.77mg (0.59%), Sodium: 616.48mg (26.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Vitamin K: 43.67µg (41.59%), Vitamin C: 28mg (33.94%), Copper: 0.42mg (21.07%), Manganese: 0.41mg (20.34%), Selenium: 12.58µg (17.97%), Fiber: 4g (16.01%), Phosphorus: 139.98mg (14%), Magnesium: 52.65mg (13.16%), Vitamin B6: 0.25mg (12.31%), Iron: 2.02mg (11.22%), Folate: 44.12µg (11.03%), Potassium: 343.84mg (9.82%), Vitamin B2: 0.15mg (9.04%), Zinc: 1.34mg (8.96%), Vitamin B5: 0.77mg (7.7%), Vitamin B1: 0.11mg (7.36%), Vitamin B3: 1.34mg (6.71%), Calcium: 52.97mg (5.3%), Vitamin A: 236.75IU (4.74%), Vitamin E: 0.56mg (3.72%)