



Sweet and Sour Pasta Salad



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces soup noodles uncooked (orzo)
- ☐ 16 ounces savory vegetable frozen
- ☐ 14 ounces potato nuggets drained canned
- ☐ 1.5 cups finely-chopped ham cubed fully cooked
- ☐ 0.8 cup soy sauce

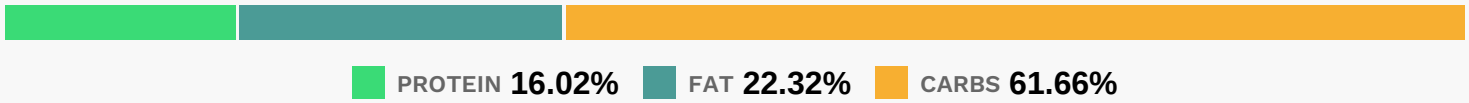
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐ Cook pasta as directed on package, but do not drain.
- ☐ Place frozen vegetables in colander. To drain pasta, pour over frozen vegetables in colander.
- ☐ Let stand until vegetables are thawed.
- ☐ Place vegetables and pasta in large bowl.
- ☐ Add corn, ham and sweet-and-sour sauce; toss.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:11.73, Inflammation Score:-10, Nutrition Score:15.88782594442%

Nutrients (% of daily need)

Calories: 443.95kcal (22.2%), Fat: 11.24g (17.3%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 69.89g (23.3%), Net Carbohydrates: 61g (22.18%), Sugar: 24.51g (27.23%), Cholesterol: 20.62mg (6.87%), Sodium: 885.52mg (38.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Vitamin A: 3838.9IU (76.78%), Iron: 7.94mg (44.12%), Fiber: 8.89g (35.57%), Selenium: 23.81µg (34.02%), Manganese: 0.46mg (22.89%), Potassium: 650.15mg (18.58%), Phosphorus: 180.67mg (18.07%), Vitamin B1: 0.27mg (17.83%), Vitamin C: 14.44mg (17.51%), Vitamin B3: 2.43mg (12.16%), Magnesium: 39.1mg (9.78%), Vitamin B6: 0.19mg (9.26%), Copper: 0.18mg (9.22%), Zinc: 1.37mg (9.13%), Vitamin B2: 0.15mg (8.74%), Folate: 27.87µg (6.97%), Vitamin B12: 0.4µg (6.64%), Vitamin B5: 0.49mg (4.92%), Calcium: 29.86mg (2.99%)