



Sweet and Sour Pasta Salad

 Dairy Free

READY IN



755 min.

SERVINGS



12

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup cider vinegar
- 10.8 ounce condensed tomato soup canned
- 2 cucumbers peeled quartered cut into 1/2-inch slices
- 2 bell peppers green seeded chopped
- 16 ounce seashell pasta
- 4 ounce pimento peppers chopped
- 1 onion sweet halved thinly sliced
- 0.8 cup vegetable oil

0.8 cup sugar white

Equipment

bowl

whisk

pot

Directions

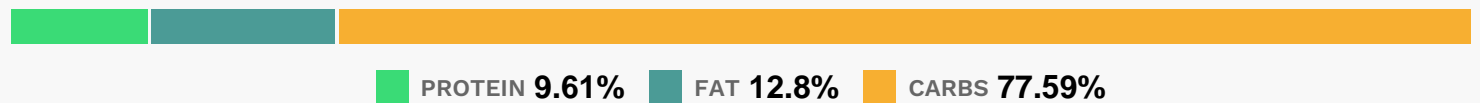
Bring a large pot of lightly salted water to a boil; cook seashell pasta at a boil until tender yet firm to the bite, 8 to 10 minutes.

Drain and rinse under cold water.

Mix pasta, cucumbers, onion, green bell pepper, and pimento peppers in a large bowl.

Whisk tomato soup, sugar, vinegar, and oil together in a bowl until smooth; pour over pasta mixture. Stir to coat. Refrigerate 12 to 24 hours before serving, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:21.77, Inflammation Score:-6, Nutrition Score:9.6804346105327%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 253.79kcal (12.69%), Fat: 3.62g (5.57%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 49.35g (16.45%), Net Carbohydrates: 46.71g (16.99%), Sugar: 18.5g (20.55%), Cholesterol: 0mg (0%), Sodium: 104.29mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Vitamin C: 31.97mg (38.76%), Selenium: 24.95µg (35.64%), Manganese: 0.51mg (25.49%), Vitamin K: 11.98µg (11.41%), Potassium: 391.95mg (11.2%), Fiber: 2.64g (10.57%), Phosphorus: 104.41mg (10.44%), Vitamin B6: 0.21mg (10.31%), Copper: 0.19mg (9.69%), Vitamin A: 460.11IU (9.2%), Magnesium: 35.46mg (8.87%), Iron: 1.12mg (6.23%), Folate: 22.79µg (5.7%), Vitamin B1: 0.08mg (5.65%),

Vitamin B3: 1.08mg (5.41%), Zinc: 0.75mg (5.03%), Vitamin E: 0.52mg (3.49%), Vitamin B2: 0.06mg (3.49%),
Vitamin B5: 0.33mg (3.31%), Calcium: 27.57mg (2.76%)