

Sweet Pasta Salad

READY IN



250 min.

SERVINGS



10

CALORIES



699 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 carrots shredded
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 cups mayonnaise
- ☐ 1 onion diced
- ☐ 1 pound rotini pasta
- ☐ 1 teaspoon salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 1 cup distilled vinegar white

☐ 1 cup sugar white

Equipment

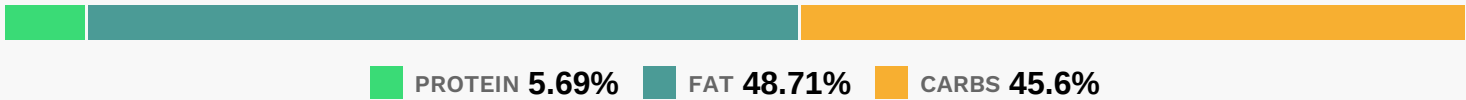
☐ bowl

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In large bowl, combine pasta, carrot, green pepper and onion. In medium bowl, combine vinegar, sugar, condensed milk, mayonnaise, salt and pepper. Toss salad with dressing and chill 4 hours in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:38.89, Glycemic Load:41.93, Inflammation Score:-10, Nutrition Score:17.5199999996476%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 698.95kcal (34.95%), Fat: 37.81g (58.16%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 79.63g (26.54%), Net Carbohydrates: 77.08g (28.03%), Sugar: 44.94g (49.93%), Cholesterol: 32.31mg (10.77%), Sodium: 588.52mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.89%), Vitamin A: 4256.15IU (85.12%), Vitamin K: 77.62µg (73.92%), Selenium: 35.9µg (51.29%), Manganese: 0.51mg (25.66%), Phosphorus: 210.84mg (21.08%), Vitamin C: 12.85mg (15.58%), Calcium: 139.92mg (13.99%), Vitamin B2: 0.23mg (13.25%), Vitamin E: 1.79mg (11.94%), Potassium: 374.61mg (10.7%), Fiber: 2.55g (10.2%), Magnesium: 40.46mg (10.11%), Copper: 0.17mg (8.66%), Vitamin B6: 0.16mg (8.1%), Zinc: 1.18mg (7.86%), Vitamin B1: 0.11mg (7.27%), Vitamin B5: 0.66mg (6.64%), Vitamin B3: 1.17mg (5.83%), Folate: 22.7µg (5.68%), Iron: 0.93mg (5.14%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.17µg (1.13%)