



Tabbouleh Pasta Salad

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

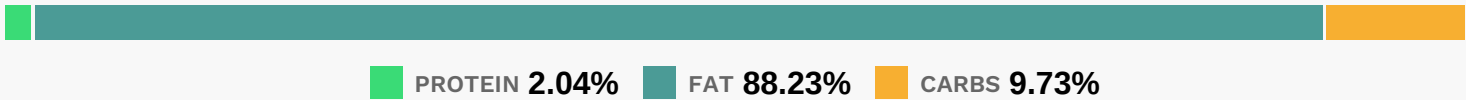
- ☐ 1.5 cups cucumber diced english seedless ()
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1.5 cups grape tomatoes halved
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 6 servings vegetable oil for on salad mix box

Equipment

Directions

- ☐
- Make pasta salad as directed on box.
- ☐
- Stir in remaining ingredients. Refrigerate 30 minutes before serving. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:5.0534783154726%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 139.36kcal (6.97%), Fat: 14.15g (21.77%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 2.6g (0.95%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 6.35mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Vitamin K: 48.6µg (46.29%), Vitamin C: 9.59mg (11.63%), Vitamin A: 526.96IU (10.54%), Vitamin E: 1.4mg (9.33%), Manganese: 0.11mg (5.3%), Potassium: 161.02mg (4.6%), Folate: 15.1µg (3.78%), Fiber: 0.91g (3.64%), Magnesium: 11.03mg (2.76%), Vitamin B6: 0.05mg (2.49%), Copper: 0.05mg (2.4%), Iron: 0.39mg (2.19%), Phosphorus: 19.56mg (1.96%), Calcium: 18.58mg (1.86%), Vitamin B1: 0.03mg (1.8%), Vitamin B3: 0.32mg (1.61%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.12%)