



## Tangy Broccoli-Pasta Salad

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 slices oscar mayer bacon crumbled cooked
- 6 cups broccoli florets
- 1 cup farfalle pasta uncooked (bow-tie pasta)
- 0.8 cup real mayo mayonnaise kraft
- 1 small onion red chopped
- 1 Tbsp sugar
- 1 bell pepper yellow chopped

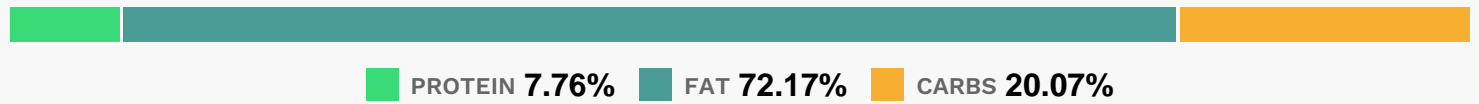
## Equipment

- bowl
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last minute; drain. Rinse with cold water; drain again.
- Place pasta mixture in large bowl.
- Add onions, peppers and bacon; mix lightly.
- Mix mayo and sugar until blended.
- Add to salad; toss to coat.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:8.84, Glycemic Load:1.45, Inflammation Score:-3, Nutrition Score:4.9695651498826%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 88.94kcal (4.45%), Fat: 7.26g (11.16%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.78g (1.37%), Sugar: 1.14g (1.27%), Cholesterol: 6.31mg (2.1%), Sodium: 85.25mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.51%), Vitamin C: 28.54mg (34.6%), Vitamin K: 33.25µg (31.67%), Selenium: 3.32µg (4.74%), Folate: 16.6µg (4.15%), Manganese: 0.08mg (4.01%), Vitamin B6: 0.07mg (3.47%), Fiber: 0.76g (3.05%), Phosphorus: 30.38mg (3.04%), Vitamin A: 151.99IU (3.04%), Potassium: 102.69mg (2.93%), Vitamin E: 0.42mg (2.78%), Vitamin B1: 0.04mg (2.42%), Vitamin B3: 0.44mg (2.2%), Vitamin B2: 0.04mg (2.06%), Vitamin B5: 0.19mg (1.9%), Magnesium: 7.57mg (1.89%), Iron: 0.26mg (1.43%), Zinc: 0.21mg (1.41%), Copper: 0.03mg (1.4%), Calcium: 13.11mg (1.31%)