



Tenia's Chilled Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 stalks celery chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon paprika
- ☐ 16 ounce rainbow radiatore pasta dry
- ☐ 1 teaspoon salt

- ☐ 0.5 cup vegetable oil
- ☐ 0.7 cup sugar white
- ☐ 0.3 cup citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ In a large bowl, mix together the pasta, onions, bell pepper and celery.
- ☐ In a glass jar, combine the sugar, oil, ketchup, vinegar, salt, paprika and pepper. Shake well to mix.
- ☐ Pour dressing over salad, toss to coat evenly.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:28.89, Inflammation Score:-5, Nutrition Score:10.044782711112%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 318.69kcal (15.93%), Fat: 3.75g (5.77%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 63.6g (21.2%), Net Carbohydrates: 60.92g (22.15%), Sugar: 21.07g (23.41%), Cholesterol: 0mg (0%), Sodium: 403.14mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.84%), Selenium: 36.14µg (51.63%), Manganese: 0.6mg (29.75%), Vitamin K: 25.05µg (23.86%), Vitamin C: 14.16mg (17.16%), Phosphorus: 121.24mg (12.12%), Fiber: 2.68g (10.71%), Copper: 0.2mg (9.95%), Magnesium: 37.1mg (9.27%), Vitamin B6: 0.15mg (7.68%), Vitamin A: 379.43IU (7.59%), Potassium: 258.97mg (7.4%), Vitamin B3: 1.3mg (6.5%), Zinc: 0.9mg (6.01%), Folate: 23.77µg (5.94%), Iron:

1.06mg (5.86%), Vitamin B1: 0.07mg (4.6%), Vitamin B2: 0.08mg (4.55%), Vitamin E: 0.65mg (4.31%), Vitamin B5:
0.32mg (3.25%), Calcium: 28.86mg (2.89%)