



Tennille's Italian Pasta Salad

READY IN



90 min.

SERVINGS



7

CALORIES



818 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup broccoli florets fresh
- ☐ 1 tablespoon butter
- ☐ 1 cup carrots shredded
- ☐ 1 cup cauliflower florets fresh
- ☐ 2 cucumbers diced
- ☐ 32 ounce seashell pasta
- ☐ 16 ounce salad dressing italian-style
- ☐ 1 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded

☐ 3 tomatoes diced

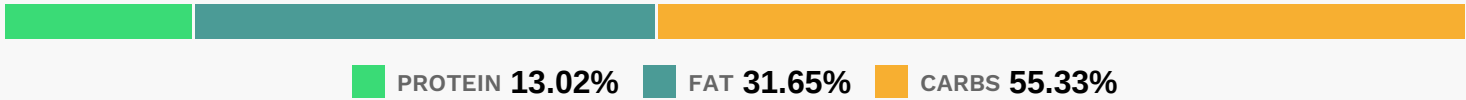
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Steam broccoli and cauliflower florets until tender.
- ☐ Place broccoli and cauliflower in a large bowl, toss with butter and salt.
- ☐ Bring a large pot of salted water to a boil. Stir in the macaroni and return the water to a boil.
- ☐ Let cook until the noodles are al dente, drain well.
- ☐ In a large mixing bowl, mix the Italian dressing with the hot macaroni. Next, mix in the carrots, cucumbers, tomatoes, broccoli, and cauliflower. Cover the bowl and refrigerate for 30 minutes.
- ☐ After the pasta and vegetables have been chilling for 30 minutes, stir in the cheese. Return the bowl to the refrigerator for another 30 to 45 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.4, Glycemic Load:40.73, Inflammation Score:-10, Nutrition Score:29.53521737845%

Flavonoids

Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 818.12kcal (40.91%), Fat: 28.64g (44.06%), Saturated Fat: 9.58g (59.9%), Carbohydrates: 112.63g (37.54%), Net Carbohydrates: 106.11g (38.59%), Sugar: 14.5g (16.11%), Cholesterol: 36.7mg (12.23%), Sodium: 1233.74mg

(53.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.51g (53.02%), Selenium: 92.91µg (132.72%), Vitamin A: 4034.58IU (80.69%), Manganese: 1.41mg (70.54%), Vitamin K: 65.56µg (62.44%), Phosphorus: 455.45mg (45.54%), Vitamin C: 29.78mg (36.1%), Calcium: 297.95mg (29.79%), Fiber: 6.52g (26.06%), Magnesium: 103.87mg (25.97%), Copper: 0.51mg (25.5%), Zinc: 3.44mg (22.9%), Potassium: 752.74mg (21.51%), Vitamin B6: 0.41mg (20.4%), Folate: 69.91µg (17.48%), Vitamin B2: 0.29mg (16.89%), Vitamin E: 2.39mg (15.97%), Vitamin B3: 2.99mg (14.93%), Vitamin B1: 0.21mg (14.24%), Iron: 2.45mg (13.61%), Vitamin B5: 1.17mg (11.67%), Vitamin B12: 0.35µg (5.78%), Vitamin D: 0.19µg (1.3%)