



Tex-Mex Pasta Salad

 Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup black beans canned rinsed
- 1.5 cups cherry tomatoes halved
- 2 cups elbow macaroni cooked drained
- 4 green onions thinly sliced
- 0.5 tsp ground cumin
- 25 servings lime zest
- 0.3 cup real mayo mayonnaise kraft
- 2 tsp pepper sauce hot

0.5 cup classic ranch dressing kraft

Equipment

bowl

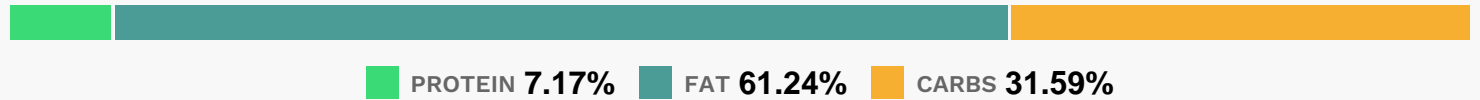
Directions

Mix dressing, mayo, lime zest, juice, pepper sauce and cumin in large bowl.

Add remaining ingredients; mix lightly.

Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:2.1413043565724%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 66.06kcal (3.3%), Fat: 4.51g (6.95%), Saturated Fat: 0.71g (4.44%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.54g (1.65%), Sugar: 0.59g (0.66%), Cholesterol: 2.5mg (0.83%), Sodium: 93.67mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 15.54µg (14.8%), Selenium: 3.32µg (4.75%), Vitamin C: 3.12mg (3.78%), Manganese: 0.06mg (3.22%), Fiber: 0.7g (2.81%), Phosphorus: 25.26mg (2.53%), Vitamin E: 0.28mg (1.84%), Folate: 6.77µg (1.69%), Iron: 0.3mg (1.66%), Copper: 0.03mg (1.6%), Potassium: 51.57mg (1.47%), Magnesium: 5.51mg (1.38%), Vitamin A: 68.46IU (1.37%), Vitamin B1: 0.02mg (1.03%), Vitamin B2: 0.02mg (1.02%)