



Tex-Mex Pasta Salad

READY IN



45 min.

SERVINGS



12

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper chopped
- ☐ 15.5 ounce black beans rinsed drained canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.5 cup spring onion chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 pounds pd of ground turkey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 ounce cream sour reduced-fat

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup olives ripe sliced
- ☐ 1 pound soup noodles uncooked (short coiled pasta)
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces cheddar cheese reduced-fat
- ☐ 1.3 ounce taco seasoning (such as Old El Paso)
- ☐ 2 cups tomatoes seeded chopped
- ☐ 0.7 cup water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse with cold water.
- ☐ Drain; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Add turkey; cook until browned, stirring to crumble. Stir in water and taco seasoning; bring to a boil. Reduce heat, and simmer 4 minutes or until liquid almost evaporates and the turkey is done, stirring frequently.
- ☐ Remove from heat; cool slightly.
- ☐ Combine pasta, turkey mixture, reduced-fat cheese, and next 6 ingredients (through beans) in a large bowl.
- ☐ Combine lime juice, salt, cumin, and sour cream, stirring until well blended.
- ☐ Pour over pasta mixture; toss gently to coat.
- ☐ Serve with salsa, if desired.

Nutrition Facts



 PROTEIN **28.79%**  FAT **26.78%**  CARBS **44.43%**

Properties

Glycemic Index:17.58, Glycemic Load:11.89, Inflammation Score:-8, Nutrition Score:18.497826130494%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 361.11kcal (18.06%), Fat: 10.81g (16.63%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 35.17g (12.79%), Sugar: 3.2g (3.55%), Cholesterol: 55.75mg (18.58%), Sodium: 728.73mg (31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.16g (52.32%), Selenium: 40.52µg (57.89%), Phosphorus: 348.88mg (34.89%), Vitamin B3: 6.73mg (33.66%), Vitamin B6: 0.65mg (32.34%), Vitamin C: 23.73mg (28.77%), Manganese: 0.51mg (25.29%), Vitamin A: 1185.32IU (23.71%), Fiber: 5.19g (20.77%), Calcium: 185.93mg (18.59%), Zinc: 2.5mg (16.68%), Magnesium: 62.43mg (15.61%), Potassium: 529.56mg (15.13%), Vitamin K: 14.38µg (13.69%), Vitamin B2: 0.23mg (13.55%), Folate: 51.17µg (12.79%), Copper: 0.25mg (12.71%), Iron: 2.22mg (12.31%), Vitamin B1: 0.15mg (10.3%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 0.87mg (5.82%), Vitamin D: 0.36µg (2.39%)