



Tri-Color Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



15

CALORIES



381 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large head broccoli cut into florets
- 10 ounces processed cheese food diced
- 16 ounce salad dressing italian-style
- 2 pounds rotini pasta uncooked

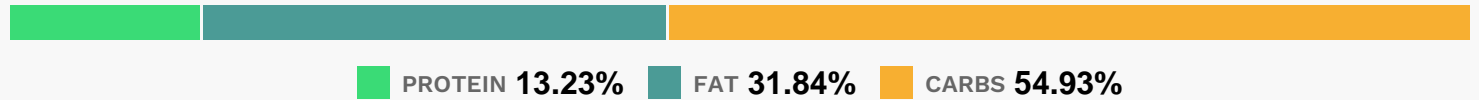
Equipment

- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- Toss cooled pasta with cheese, broccoli and Italian-style dressing to taste.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.73, Glycemic Load:18.87, Inflammation Score:-6, Nutrition Score:16.202173803164%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 380.85kcal (19.04%), Fat: 13.45g (20.7%), Saturated Fat: 4.52g (28.24%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 49.22g (17.9%), Sugar: 6g (6.66%), Cholesterol: 18.9mg (6.3%), Sodium: 633.1mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Selenium: 43.66µg (62.37%), Vitamin K: 58.83µg (56.03%), Vitamin C: 36.28mg (43.97%), Manganese: 0.66mg (32.84%), Phosphorus: 266.74mg (26.67%), Calcium: 233.18mg (23.32%), Fiber: 2.99g (11.96%), Magnesium: 46.99mg (11.75%), Copper: 0.21mg (10.45%), Zinc: 1.51mg (10.07%), Folate: 37.93µg (9.48%), Vitamin B6: 0.19mg (9.32%), Potassium: 313.3mg (8.95%), Vitamin A: 442.01IU (8.84%), Vitamin E: 1.2mg (7.97%), Vitamin B2: 0.13mg (7.53%), Iron: 1.28mg (7.11%), Vitamin B3: 1.34mg (6.71%), Vitamin B1: 0.09mg (6.14%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.28µg (4.72%)