



Turkey-Cranberry Bacon Ranch Pasta Salad

 Gluten Free

READY IN



25 min.

SERVINGS



7

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7.5 oz ranch seasoning betty suddenly salad®
- 0.5 cup salad dressing
- 1.5 cups turkey breast cubed cooked ()
- 1 cup celery sliced
- 0.5 cup cranberries dried sweetened
- 4 oz provolone cheese cut into 1/2-inch cubes (1 cup)
- 0.5 cup almonds toasted sliced

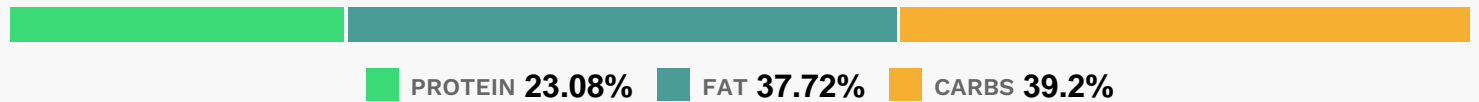
Equipment

- bowl
- sauce pan

Directions

- Fill 3-quart saucepan 2/3 full of water; heat to boiling.
- Add Pasta. Gently boil, uncovered, 12 minutes, stirring occasionally; drain. Rinse with cold water to cool; drain well.
- In large bowl, combine Seasoning mix from packet and mayonnaise. Stir in turkey, celery, cranberries and cheese until well mixed. Stir in cooked pasta.
- Transfer to serving dish. Top with almonds.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:9.9808695627295%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 299.53kcal (14.98%), Fat: 12.09g (18.6%), Saturated Fat: 3.68g (22.97%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 26.76g (9.73%), Sugar: 8.69g (9.66%), Cholesterol: 38.55mg (12.85%), Sodium: 2679.02mg (116.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.29%), Vitamin B3: 5.41mg (27.05%), Phosphorus: 238.28mg (23.83%), Vitamin B6: 0.44mg (21.92%), Selenium: 14.57µg (20.82%), Calcium: 155.98mg (15.6%), Vitamin E: 2.34mg (15.59%), Vitamin K: 14.64µg (13.94%), Vitamin B2: 0.21mg (12.42%), Manganese: 0.2mg (9.92%), Zinc: 1.43mg (9.51%), Magnesium: 37.73mg (9.43%), Vitamin B12: 0.56µg (9.27%), Potassium: 249.07mg

(7.12%), Fiber: 1.51g (6.04%), Copper: 0.11mg (5.6%), Vitamin B5: 0.56mg (5.55%), Vitamin A: 223.59IU (4.47%), Iron: 0.71mg (3.93%), Folate: 13.25µg (3.31%), Vitamin B1: 0.04mg (2.72%)