



## Tuscan Style Tomato Pasta Salad

READY IN



15 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups baby spinach
- 0.3 cup basil fresh chopped
- 1 cup mozzarella fresh cubed
- 1 cup grape tomatoes halved
- 2 tablespoons juice of lemon fresh
- 6 servings olive oil for on box
- 1 box ranch & bacon pasta salad mix tuscan style betty suddenly salad®

### Equipment

- bowl
- sauce pan

## Directions

- Empty contents of pasta mix (from Suddenly Salad box) into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta; rinse with cold water. Shake well. In medium bowl, stir seasoning mix, water, olive oil and lemon juice until well blended. Stir in pasta, spinach, tomatoes and cheese; top with basil. Refrigerate until ready to serve. Cover and refrigerate any remaining salad.

## Nutrition Facts

**PROTEIN 9.81%** **FAT 85.67%** **CARBS 4.52%**

## Properties

Glycemic Index:27.83, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:8.1252174170121%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 188.44kcal (9.42%), Fat: 18.28g (28.13%), Saturated Fat: 4.4g (27.52%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.03g (1.14%), Cholesterol: 14.75mg (4.92%), Sodium: 128.96mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin K: 63.27µg (60.26%), Vitamin A: 1325.08IU (26.5%), Vitamin E: 2.4mg (16.03%), Calcium: 108.92mg (10.89%), Vitamin C: 8.33mg (10.1%), Phosphorus: 77.9mg (7.79%), Vitamin B12: 0.43µg (7.09%), Manganese: 0.14mg (6.78%), Folate: 26.43µg (6.61%), Selenium: 3.28µg (4.69%), Vitamin B2: 0.08mg (4.59%), Zinc: 0.65mg (4.34%), Potassium: 137.5mg (3.93%), Magnesium: 15.31mg (3.83%), Iron: 0.54mg (2.99%), Vitamin B6: 0.05mg (2.51%), Fiber: 0.56g (2.22%), Copper: 0.03mg (1.72%), Vitamin B1: 0.02mg (1.61%), Vitamin B3: 0.25mg (1.26%)