



Wacky Mac® and Plum Summer Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



171 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 cups baby spinach fresh
- ☐ 2 large plums black pitted cut into thin wedges
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon curry powder
- ☐ 0.7 cup yogurt plain fat-free greek style preferably
- ☐ 1 tablespoon chives fresh minced

- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 cups veggie spirals cold rinsed cooked drained well wacky mac®
- ☐ 1 teaspoon citrus champagne vinegar

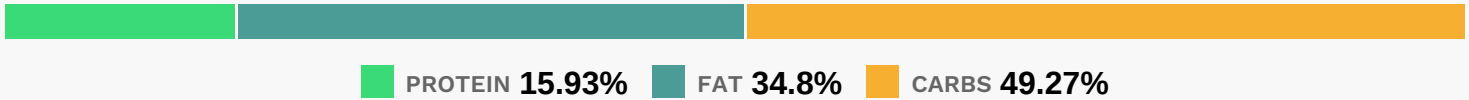
Equipment

- ☐ bowl

Directions

- ☐ Combine plums, Wacky Mac and almonds in large salad bowl. Stir gently but well.
- ☐ Add spinach and toss gently but well.
- ☐ Combine yogurt, chives, brown sugar, vinegar, oil, curry powder, salt and pepper in a small cup. Spoon over salad. Toss gently but well.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:18.186087048572%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 170.85kcal (8.54%), Fat: 7.09g (10.91%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 22.59g (7.53%), Net Carbohydrates: 17.35g (6.31%), Sugar: 8.2g (9.11%), Cholesterol: 0.82mg (0.27%), Sodium: 232.09mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.61%), Vitamin A: 6178.86IU (123.58%), Vitamin K: 79.07µg (75.3%), Manganese: 0.53mg (26.66%), Vitamin C: 17.64mg (21.38%), Fiber: 5.24g (20.97%), Vitamin E: 2.51mg (16.7%), Folate: 65.59µg (16.4%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 159.31mg (15.93%), Magnesium: 60.32mg (15.08%), Calcium: 139.56mg (13.96%), Potassium: 483.02mg (13.8%), Vitamin B1: 0.16mg (10.96%), Copper: 0.19mg (9.65%), Iron: 1.66mg (9.2%), Vitamin B3: 1.66mg (8.28%), Vitamin B6: 0.16mg (7.96%), Zinc: 1.11mg (7.4%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.25µg (4.15%), Selenium: 2.27µg (3.25%)