



Winter Fruit Pasta Salad

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups apples chopped
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 teaspoon marjoram dried
- ☐ 3 tablespoons orange marmalade
- ☐ 4 ounces shells uncooked
- ☐ 1.3 cups pears chopped
- ☐ 0.3 cup pecans chopped

- ☐ 0.3 cup salad dressing
- ☐ 0.3 teaspoon salt

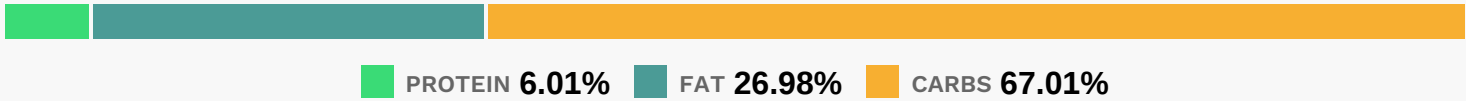
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ In large glass or plastic bowl, mix pasta, apple, pear, onions, pecans and cranberries.
- ☐ Mix all remaining ingredients; stir into pasta mixture.
- ☐ Cover and refrigerate at least 30 minutes until chilled.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:4.2395652480747%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 155.25kcal (7.76%), Fat: 4.85g (7.46%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 27.1g (9.03%), Net Carbohydrates: 24.74g (9%), Sugar: 13.38g (14.86%), Cholesterol: 0mg (0%), Sodium: 176.09mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.32mg (16.11%), Selenium: 9.4µg (13.42%), Vitamin K: 13.95µg (13.28%), Fiber: 2.37g (9.46%), Copper: 0.12mg (6.07%), Phosphorus: 44.64mg (4.46%),

Magnesium: 15.81mg (3.95%), Vitamin C: 3.02mg (3.65%), Potassium: 117.25mg (3.35%), Vitamin B1: 0.05mg (3.08%), Vitamin E: 0.44mg (2.96%), Zinc: 0.41mg (2.76%), Vitamin B6: 0.05mg (2.68%), Iron: 0.44mg (2.46%), Folate: 8.34µg (2.08%), Vitamin B3: 0.39mg (1.97%), Vitamin B2: 0.03mg (1.77%), Calcium: 15.68mg (1.57%), Vitamin B5: 0.13mg (1.26%), Vitamin A: 58.58IU (1.17%)