



Artichoke-Pepperoncini Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



7

CALORIES



135 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce artichoke hearts drained coarsely chopped canned
- 2 cups cherry tomatoes halved
- 2 tablespoons cider vinegar
- 1 tablespoon basil dried
- 0.3 cup parsley fresh chopped
- 1 garlic clove minced
- 12 kalamata olives pitted chopped
- 2 tablespoons olive oil

- 1.5 teaspoons oregano dried
- 0.3 cup pepperoncini peppers
- 0.3 cup onion red chopped
- 4 ounces rotini whole wheat uncooked
- 0.3 teaspoon salt

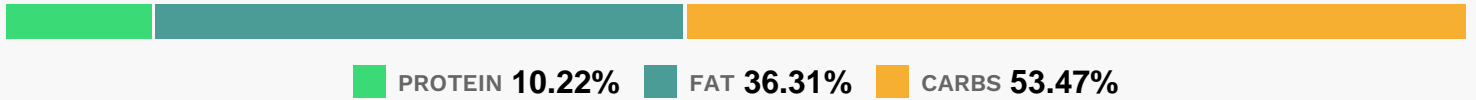
Equipment

- bowl

Directions

- Cook pasta according to package directions, omitting salt and fat.
- Meanwhile, combine tomatoes and next 11 ingredients in a large bowl. Set aside.
- Drain pasta and rinse with cold water; drain.
- Add pasta to salad mixture. Toss gently to coat.
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.14, Glycemic Load:5.06, Inflammation Score:-7, Nutrition Score:7.9473912560421%

Flavonoids

Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 134.88kcal (6.74%), Fat: 5.43g (8.35%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 15.31g (5.57%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 415.42mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Vitamin K: 51.77µg (49.3%), Vitamin C: 16.79mg (20.35%),

Selenium: 10.66µg (15.23%), Manganese: 0.3mg (15.2%), Fiber: 2.67g (10.69%), Vitamin A: 442.39IU (8.85%), Vitamin E: 1.28mg (8.54%), Iron: 1.41mg (7.83%), Copper: 0.11mg (5.65%), Potassium: 188.7mg (5.39%), Magnesium: 21.11mg (5.28%), Vitamin B6: 0.1mg (5.04%), Phosphorus: 50.33mg (5.03%), Folate: 17.08µg (4.27%), Calcium: 37.35mg (3.74%), Vitamin B3: 0.66mg (3.29%), Vitamin B1: 0.04mg (2.77%), Zinc: 0.39mg (2.62%), Vitamin B2: 0.04mg (2.07%), Vitamin B5: 0.16mg (1.65%)