



 **58%**
HEALTH SCORE

Asparagus-and-Tomato Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus diagonally sliced
- 2 tablespoons capers
- 1.5 cups cherry tomatoes quartered
- 2 teaspoons dijon mustard
- 0.5 cup basil leaves fresh thinly sliced
- 0.3 cup green onions thinly sliced
- 0.3 cup kalamata olives chopped
- 2 cups seashell macaroni cooked uncooked (1 cup pasta)

- 1 tablespoon olive oil
- 0.3 cup orange juice
- 0.3 teaspoon pepper freshly ground
- 0.1 teaspoon salt
- 2 tablespoons water
- 3 tablespoons citrus champagne vinegar
- 1 cup bell pepper diced yellow

Equipment

- bowl
- whisk

Directions

- Steam asparagus, covered, 2 minutes; drain, and set aside.
- Combine orange juice and next 6 ingredients (orange juice through salt) in a large bowl; stir well with a wire whisk.
- Add asparagus, pasta, and remaining ingredients; toss well.

Nutrition Facts



PROTEIN 14.15% **FAT 18.88%** **CARBS 66.97%**

Properties

Glycemic Index:41.67, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:16.648260842199%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg, Kaempferol: 4.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 201.14kcal (10.06%), Fat: 4.32g (6.65%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 30.72g (11.17%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 267.62mg (11.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin C: 66.49mg (80.59%), Vitamin K: 51.79µg (49.33%), Selenium: 24.83µg (35.48%), Manganese: 0.56mg (28.17%), Vitamin A: 1012.74IU (20.25%), Copper: 0.34mg (16.93%), Folate: 66.04µg (16.51%), Iron: 2.76mg (15.31%), Fiber: 3.79g (15.14%), Phosphorus: 129.95mg (13%), Vitamin B1: 0.18mg (12.04%), Potassium: 420.35mg (12.01%), Vitamin E: 1.8mg (11.98%), Magnesium: 42.09mg (10.52%), Vitamin B6: 0.21mg (10.26%), Vitamin B3: 1.89mg (9.47%), Vitamin B2: 0.16mg (9.2%), Zinc: 1.06mg (7.08%), Vitamin B5: 0.49mg (4.9%), Calcium: 47.42mg (4.74%)