



Asparagus and Tomato Pasta Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 oz rotini pasta uncooked
- ☐ 1 lb asparagus cut into 2-inch pieces (2 cups)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.8 cup bell pepper yellow chopped
- ☐ 2 large tomatoes cut into 2-inch pieces (2 cups)

☐ 1 serving cracked wheat

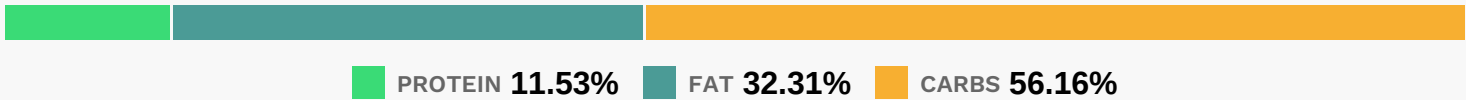
Equipment

☐ bowl

Directions

- ☐ Cook pasta as directed on package, adding asparagus for last 2 minutes of cooking; drain. Rinse with cold water; drain.
- ☐ In tightly covered container, shake oil, vinegar, mustard and garlic salt.
- ☐ In large bowl, toss pasta, asparagus, bell pepper, tomatoes and oil mixture. Cover and refrigerate at least 30 minutes to blend flavors but no longer than 24 hours.
- ☐ Serve with pepper.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:10.71, Inflammation Score:-7, Nutrition Score:12.152608622675%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 206.95kcal (10.35%), Fat: 7.55g (11.62%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 26.56g (9.66%), Sugar: 3.74g (4.15%), Cholesterol: 0mg (0%), Sodium: 172.49mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Vitamin C: 35.05mg (42.48%), Vitamin K: 39.77µg (37.88%), Selenium: 22.14µg (31.63%), Manganese: 0.46mg (23.18%), Vitamin A: 836.93IU (16.74%), Copper: 0.24mg (12.18%), Fiber: 2.98g (11.92%), Folate: 45.81µg (11.45%), Phosphorus: 107.25mg (10.73%), Iron: 1.88mg (10.45%), Vitamin E: 1.49mg (9.9%), Potassium: 330.93mg (9.46%), Vitamin B1: 0.13mg (8.94%), Magnesium: 32.91mg (8.23%), Vitamin B6: 0.16mg (7.9%), Vitamin B3: 1.5mg (7.51%), Vitamin B2: 0.11mg (6.62%), Zinc: 0.87mg (5.82%), Vitamin B5: 0.36mg (3.62%), Calcium: 28.74mg (2.87%)