



Bistro Pasta Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces feta cheese crumbled
- ☐ 8 ounces seashell macaroni cooked uncooked
- ☐ 6 ounce marinated artichoke hearts drained chopped
- ☐ 12 oil-cured olives ripe
- ☐ 0.5 cup onion red vertically sliced
- ☐ 4 cups torn spinach
- ☐ 4 servings sun-dried tomato vinaigrette
- ☐ 1 cup tomatoes chopped

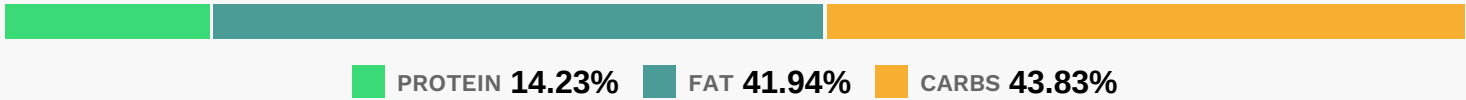
Equipment

☐ bowl

Directions

- ☐ Combine spinach and next 5 ingredients (spinach through olives) in a large bowl.
- ☐ Pour 1 cup Sun-dried Tomato Vinaigrette over spinach mixture, and toss well.
- ☐ Sprinkle crumbled feta cheese over salad.
- ☐ Note: Store remaining vinaigrette in an airtight container in refrigerator for 1 week.
- ☐ Serve with hot pasta.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:9.28, Inflammation Score:-10, Nutrition Score:18.770000024982%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 234.29kcal (11.71%), Fat: 11g (16.93%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 25.87g (8.62%), Net Carbohydrates: 22.04g (8.01%), Sugar: 3.14g (3.49%), Cholesterol: 18.92mg (6.31%), Sodium: 619.18mg (26.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin K: 148.9µg (141.81%), Vitamin A: 3694.66IU (73.89%), Vitamin C: 24.34mg (29.5%), Manganese: 0.54mg (27.22%), Selenium: 18.72µg (26.74%), Folate: 79.4µg (19.85%), Calcium: 162.66mg (16.27%), Vitamin B2: 0.27mg (15.63%), Fiber: 3.84g (15.35%), Phosphorus: 138.02mg (13.8%), Iron: 2.28mg (12.64%), Vitamin B6: 0.24mg (11.86%), Magnesium: 47.3mg (11.83%), Potassium: 362.35mg (10.35%), Vitamin E: 1.34mg (8.96%), Copper: 0.16mg (8.04%), Zinc: 1.18mg (7.88%), Vitamin B1: 0.1mg (6.55%), Vitamin B12: 0.36µg (5.99%), Vitamin B3: 1.02mg (5.09%), Vitamin B5: 0.37mg (3.7%)