




Broccoli, Cherry Tomato, and Pasta Salad


 Very Healthy

READY IN




45 min.

SERVINGS



4

CALORIES



335 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- 14 ounce artichoke hearts rinsed halved drained canned
- 1 tablespoon balsamic vinegar
- 0.3 teaspoon pepper black
- 7 cups broccoli florets
- 2 tablespoons capers
- 2 cups cherry tomatoes halved
- 2 ounces feta cheese crumbled
- 0.5 cup parsley fresh

- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 1 tablespoon optional: dill fresh chopped
- 1 garlic clove peeled
- 2 garlic clove peeled
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 0.3 cup buttermilk low-fat
- 0.3 cup cottage cheese 2% low-fat
- 12 mint leaves
- 2.5 cups mushrooms sliced
- 2.5 cups mushrooms sliced
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 Dash pepper black
- 1 tablespoon red wine vinegar
- 2 cups rotini pasta cooked uncooked (4 ounces pasta)
- 0.5 cup shallots minced

Equipment

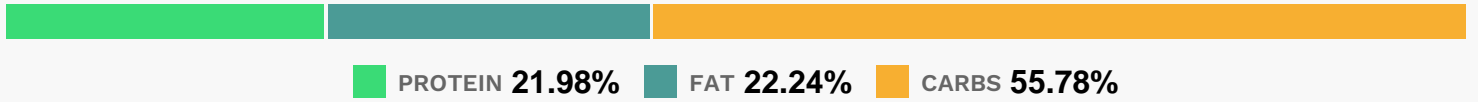
- food processor
- bowl
- cutting board

Directions

- To prepare herb mixture, combine first 6 ingredients on a cutting board; finely chop, and reserve 3 tablespoons. Set remaining herb mixture aside.
- To prepare the dressing, place the reserved 3 tablespoons herb mixture in a food processor. Drop 2 garlic cloves through the food chute with food processor on; process until minced.

- Add cottage cheese and next 6 ingredients (cottage cheese through dash of pepper) to food processor; process until smooth. Stir in feta.
- To prepare salad, steam broccoli, covered, 5 minutes or until crisp-tender. Cool.
- Combine remaining herb mixture, broccoli, mushrooms, and remaining ingredients in a large bowl.
- Pour dressing over salad; toss well.

Nutrition Facts



Properties

Glycemic Index:140.63, Glycemic Load:13.23, Inflammation Score:-10, Nutrition Score:35.859565320222%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg, Apigenin: 16.32mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 17.88mg, Kaempferol: 17.88mg, Kaempferol: 17.88mg, Kaempferol: 17.88mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg, Quercetin: 12.74mg

Nutrients (% of daily need)

Calories: 334.74kcal (16.74%), Fat: 8.73g (13.43%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 39.05g (14.2%), Sugar: 12.42g (13.8%), Cholesterol: 13.97mg (4.66%), Sodium: 815.38mg (35.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.42g (38.84%), Vitamin K: 308.02µg (293.35%), Vitamin C: 178.8mg (216.72%), Vitamin B2: 0.9mg (53.21%), Selenium: 35.9µg (51.29%), Vitamin A: 2417.18IU (48.34%), Manganese: 0.91mg (45.56%), Folate: 171.64µg (42.91%), Fiber: 10.22g (40.9%), Phosphorus: 381.69mg (38.17%), Potassium: 1313.91mg (37.54%), Vitamin B6: 0.72mg (36%), Copper: 0.67mg (33.72%), Vitamin B5: 3.25mg (32.47%), Vitamin B3: 6.45mg (32.25%), Iron: 4.44mg (24.69%), Calcium: 233.97mg (23.4%), Magnesium: 84.85mg (21.21%), Vitamin B1: 0.31mg (20.96%), Zinc: 2.54mg (16.91%), Vitamin E: 2.39mg (15.94%), Vitamin B12: 0.44µg (7.32%), Vitamin D: 0.3µg (1.98%)