



Cold Pesto Pasta Salad

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup arugula
- ☐ 1 tablespoon goat cheese crumbled
- ☐ 2 tablespoons basil pesto
- ☐ 1 tablespoon pine nuts toasted
- ☐ 2 tablespoons sun-dried olives thinly sliced
- ☐ 0.5 cup pasta whole-wheat

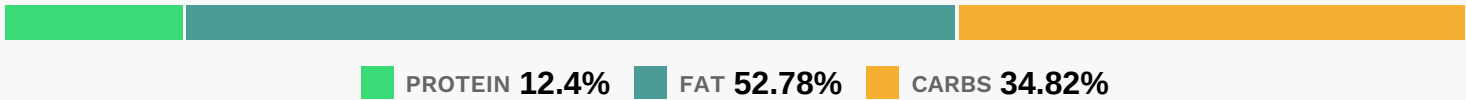
Equipment

- ☐ bowl

Directions

- ☐ Cook the pasta according to the package directions.
- ☐ Drain, rinse under cold water, and transfer to a medium bowl.
- ☐ Add the arugula, nuts, tomatoes, and pesto and toss.
- ☐ Transfer to a plate and top with the cheese.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:1.37, Inflammation Score:-8, Nutrition Score:16.880000075568%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 353.06kcal (17.65%), Fat: 21.67g (33.34%), Saturated Fat: 4.58g (28.62%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 29.92g (10.88%), Sugar: 5.41g (6.01%), Cholesterol: 8.84mg (2.95%), Sodium: 348.02mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Manganese: 2.03mg (101.37%), Selenium: 22.94µg (32.77%), Copper: 0.52mg (26.01%), Magnesium: 94.34mg (23.58%), Vitamin A: 1077.02IU (21.54%), Phosphorus: 211.54mg (21.15%), Vitamin K: 20.84µg (19.85%), Iron: 3.14mg (17.43%), Vitamin B1: 0.25mg (16.65%), Vitamin B3: 2.97mg (14.87%), Potassium: 507.74mg (14.51%), Zinc: 1.73mg (11.54%), Calcium: 108.5mg (10.85%), Vitamin B2: 0.18mg (10.37%), Folate: 38.68µg (9.67%), Fiber: 2.24g (8.96%), Vitamin B6: 0.15mg (7.59%), Vitamin B5: 0.67mg (6.74%), Vitamin E: 1mg (6.68%), Vitamin C: 5.5mg (6.67%)