



## Cold Summer Pasta with Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup diagonally cut asparagus (1-inch)
- 0.5 teaspoon pepper black freshly ground
- 0.8 pound pasta uncooked
- 1 cup cherry tomatoes red halved
- 1 tablespoon chives fresh chopped
- 3 garlic cloves minced
- 0.5 cup peas green shelled
- 6 tablespoons juice of lemon fresh

- 0.3 cup olive oil divided
- 0.5 cup orange bell pepper chopped
- 0.5 cup bell pepper red chopped
- 1.5 teaspoons salt
- 0.5 cup bell pepper yellow chopped
- 1 cup cherry tomatoes yellow halved
- 0.5 cup baby squash yellow chopped

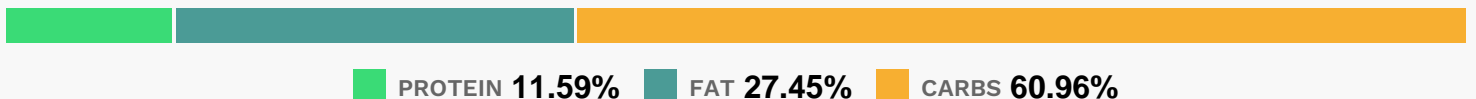
## Equipment

- bowl
- whisk

## Directions

- Cook pasta according to package directions, omitting salt and fat.
- Add asparagus and peas during the last minute of cooking.
- Drain; rinse under cold running water.
- Drain well; place in a large bowl.
- Add 1 tablespoon oil; toss to coat. Stir in red cherry tomatoes, yellow cherry tomatoes, red bell pepper, yellow bell pepper, orange bell pepper, squash, and chives.
- Combine remaining 3 tablespoons olive oil, juice, salt, black pepper, and garlic in a small bowl; stir with a whisk.
- Pour dressing over pasta mixture, and toss well.
- Serve at room temperature or chilled.

## Nutrition Facts



## Properties

Glycemic Index:53.56, Glycemic Load:18.16, Inflammation Score:-8, Nutrition Score:17.701739010604%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg, Isorhamnetin: 1.31mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

## **Nutrients (% of daily need)**

Calories: 329.78kcal (16.49%), Fat: 10.19g (15.68%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 50.94g (16.98%), Net Carbohydrates: 46.75g (17%), Sugar: 4.89g (5.43%), Cholesterol: 0mg (0%), Sodium: 596.33mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.37%), Vitamin C: 76.72mg (92.99%), Selenium: 37.11µg (53.02%), Manganese: 0.77mg (38.55%), Vitamin A: 1227.62IU (24.55%), Vitamin K: 21.32µg (20.3%), Fiber: 4.19g (16.75%), Phosphorus: 164.78mg (16.48%), Folate: 61.33µg (15.33%), Copper: 0.3mg (15.18%), Vitamin B6: 0.3mg (14.76%), Vitamin E: 2.2mg (14.64%), Potassium: 448.01mg (12.8%), Magnesium: 50.24mg (12.56%), Vitamin B3: 2.29mg (11.44%), Iron: 2mg (11.09%), Vitamin B1: 0.16mg (10.85%), Zinc: 1.32mg (8.77%), Vitamin B2: 0.14mg (8.29%), Vitamin B5: 0.52mg (5.24%), Calcium: 35.53mg (3.55%)