



Confetti Pasta Salad

READY IN



20 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

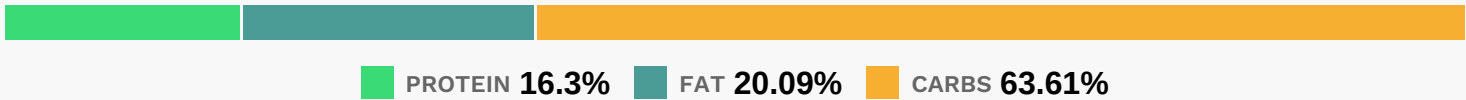
- ☐ 4 ounce feta cheese crumbled
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 6 servings optional: lemon fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 8 ounces shells uncooked
- ☐ 2 cups pkt spinach fresh coarsely chopped
- ☐ 1 bell pepper yellow chopped

Equipment

Directions

- ☐
- Cook pasta according to package directions; drain. Toss pasta with tomatoes and remaining ingredients.
- ☐
- Serve immediately, or cover and chill up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:34.42, Glycemic Load:12.65, Inflammation Score:-9, Nutrition Score:16.463043420211%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 216.95kcal (10.85%), Fat: 4.9g (7.54%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 32.06g (11.66%), Sugar: 3.58g (3.98%), Cholesterol: 16.82mg (5.61%), Sodium: 230.49mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Vitamin C: 54.38mg (65.92%), Vitamin K: 54.93µg (52.32%), Selenium: 26.94µg (38.49%), Vitamin A: 1731.16IU (34.62%), Manganese: 0.57mg (28.4%), Phosphorus: 166.91mg (16.69%), Vitamin B2: 0.22mg (13.23%), Vitamin B6: 0.26mg (13.18%), Folate: 51.57µg (12.89%), Calcium: 124.85mg (12.49%), Potassium: 401.63mg (11.48%), Fiber: 2.87g (11.47%), Magnesium: 43.92mg (10.98%), Copper: 0.2mg (10.08%), Zinc: 1.32mg (8.77%), Vitamin B3: 1.57mg (7.83%), Vitamin B1: 0.11mg (7.44%), Iron: 1.26mg (6.99%), Vitamin B12: 0.32µg (5.32%), Vitamin B5: 0.48mg (4.78%), Vitamin E: 0.72mg (4.78%)