



Creamy Feta Greek Style Cucumber Pasta Salad

READY IN



20 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons buttermilk
- 15 ounce garbanzo beans drained canned
- 2 large cucumber hot thinly sliced quartered
- 0.3 teaspoon dill dried
- 0.3 teaspoon thyme dried
- 1 tablespoon olive oil extra virgin
- 0.5 cup feta cheese

- 0.1 teaspoon garlic salt
- 1 cup kalamata olives pitted
- 0.3 teaspoon kosher salt
- 2 cups noodles dry cooked
- 1 cup greek yogurt plain
- 2 tablespoons shallots chopped

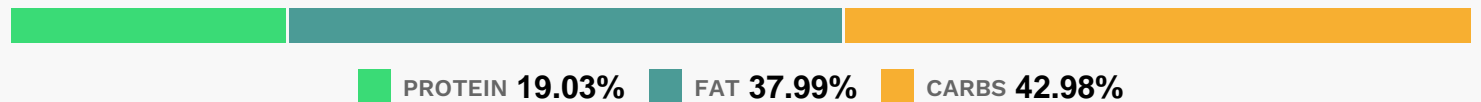
Equipment

- bowl
- blender

Directions

- Place cucumbers, cooked pasta, garbanzo beans, olives, Feta, salt and pepper into a large bowl. Stir to combine. To prepare dressing, place yogurt, buttermilk, Feta, shallots, olive oil, dill, thyme, garlic salt and black pepper into a blender. Blend until smooth and combined.
- Pour over salad then stir to combine. Cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:18.65, Glycemic Load:4.34, Inflammation Score:-3, Nutrition Score:6.0504347967065%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 124.05kcal (6.2%), Fat: 5.33g (8.2%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 10.88g (3.96%), Sugar: 1.61g (1.79%), Cholesterol: 6.67mg (2.22%), Sodium: 427.98mg (18.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.01%), Manganese: 0.4mg (20.16%), Selenium: 8.73µg (12.47%), Vitamin B6: 0.25mg (12.45%), Fiber: 2.68g (10.74%), Phosphorus: 97.03mg (9.7%), Calcium: 79.97mg (8%), Vitamin B2: 0.13mg (7.42%), Copper: 0.13mg (6.41%), Magnesium: 23.76mg (5.94%), Iron: 0.96mg (5.36%), Folate: 21.02µg (5.26%), Zinc: 0.72mg (4.77%), Potassium: 165.59mg (4.73%), Vitamin K: 4.78µg (4.55%), Vitamin E: 0.64mg (4.26%), Vitamin B12: 0.23µg (3.9%), Vitamin B5: 0.37mg (3.73%), Vitamin B1: 0.05mg (3.19%), Vitamin A: 116.6IU

(2.33%), Vitamin C: 1.68mg (2.04%), Vitamin B3: 0.27mg (1.37%)