



Creamy Mediterranean Pasta Salad

READY IN



200 min.

SERVINGS



12

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 oz baby spinach leaves chopped
- 0.3 tsp pepper black
- 8 oz philadelphia cream cheese spread
- 4 oz athenos feta cheese crumbled traditional
- 0.5 tsp garlic powder
- 2 cups grape tomatoes halved
- 1 tsp lemon zest
- 0.3 cup milk
- 3 cups shells uncooked

0.5 cup onions red chopped

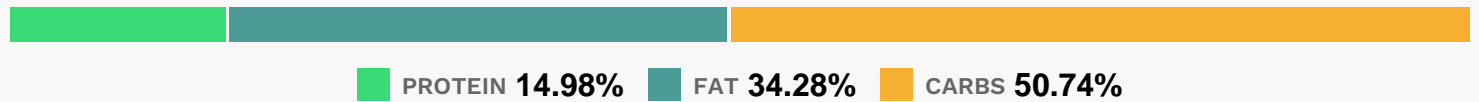
Equipment

bowl

Directions

- Cook pasta as directed on package, omitting salt. Meanwhile, mix cream cheese spread, milk, lemon zest, juice, garlic powder and pepper until blended.
- Drain pasta; place in large bowl.
- Add cream cheese mixture; toss to coat.
- Add spinach, tomatoes and onions; mix lightly.
- Refrigerate 3 hours. Stir in feta just before serving.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:8.19, Inflammation Score:-8, Nutrition Score:11.175652296647%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 179.74kcal (8.99%), Fat: 6.84g (10.52%), Saturated Fat: 4.1g (25.65%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 21.21g (7.71%), Sugar: 2.59g (2.87%), Cholesterol: 20.94mg (6.98%), Sodium: 212.3mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.44%), Vitamin K: 70.74µg (67.37%), Vitamin A: 1766.88IU (35.34%), Selenium: 17.56µg (25.08%), Manganese: 0.4mg (20.14%), Phosphorus: 101.4mg (10.14%), Calcium: 101.41mg (10.14%), Folate: 40.1µg (10.03%), Vitamin C: 8.1mg (9.81%), Vitamin B2: 0.14mg (8.11%), Magnesium: 30.65mg (7.66%), Vitamin B6: 0.14mg (6.89%), Potassium: 221.82mg (6.34%), Fiber: 1.56g (6.25%), Copper: 0.11mg (5.62%), Zinc: 0.79mg (5.24%), Iron: 0.86mg (4.8%), Vitamin B1: 0.06mg (4.32%), Vitamin B3: 0.79mg (3.93%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.47mg (3.15%), Vitamin B5: 0.27mg (2.66%)