



WHATSheATE



Creamy Mediterranean Pasta Salad

READY IN



200 min.

SERVINGS



12

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach leaves chopped
- ☐ 4 ounce athenos feta cheese crumbled traditional
- ☐ 2 cups grape tomatoes halved
- ☐ 10 ounce philadelphia savory lemon & herb cooking creme
- ☐ 0.3 cup milk
- ☐ 3 cups shells uncooked
- ☐ 0.5 cup onions red chopped

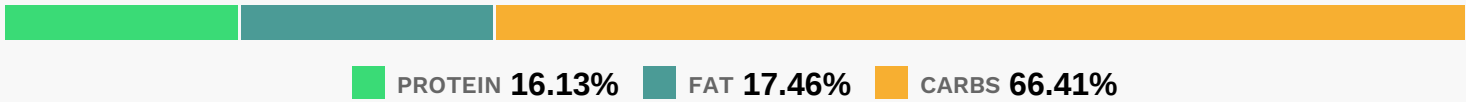
Equipment

☐ bowl

Directions

- ☐ Cook pasta as directed on package, omitting salt.
- ☐ Drain pasta; place in large bowl.
- ☐ Add cooking creme and milk; toss to coat.
- ☐ Add spinach, tomatoes and onions; mix lightly.
- ☐ Refrigerate several hours or until chilled. Stir in feta before serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:8.54, Inflammation Score:-8, Nutrition Score:11.904782756515%

Flavonoids

Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg, Eriodictyol: 5.05mg Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg, Hesperetin: 6.59mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 138.09kcal (6.9%), Fat: 2.75g (4.24%), Saturated Fat: 1.45g (9.05%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 21.39g (7.78%), Sugar: 2.5g (2.78%), Cholesterol: 9.02mg (3.01%), Sodium: 124.34mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin K: 70.66µg (67.3%), Vitamin A: 1589.47IU (31.79%), Selenium: 17.58µg (25.12%), Vitamin C: 20.4mg (24.73%), Manganese: 0.4mg (20.16%), Folate: 42.61µg (10.65%), Phosphorus: 102.85mg (10.28%), Fiber: 2.18g (8.74%), Calcium: 82.28mg (8.23%), Vitamin B2: 0.14mg (8.22%), Magnesium: 32.14mg (8.04%), Vitamin B6: 0.15mg (7.65%), Potassium: 249.52mg (7.13%), Copper: 0.12mg (5.99%), Iron: 0.99mg (5.52%), Zinc: 0.79mg (5.26%), Vitamin B1: 0.07mg (4.84%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.51mg (3.37%), Vitamin B12: 0.19µg (3.12%), Vitamin B5: 0.3mg (3.02%)