



Dressed-Up Pasta and Pepper Salad

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 olives black pitted halved
- 1 medium carrots thinly sliced
- 6 oz bow tie pasta cooked
- 0.5 tsp pepper red crushed
- 0.5 cup athenos feta cheese traditional
- 1 small bell pepper green chopped
- 1 cup seasons dressing mix italian good prepared
- 1 small bell pepper red chopped

1 medium zucchini thinly sliced

Equipment

bowl

Directions

Mix all ingredients except dressing in large bowl.

Add dressing; toss to coat. Cover.

Refrigerate 1 hour or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:1.42, Inflammation Score:-5, Nutrition Score:2.6504347573804%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 63.34kcal (3.17%), Fat: 1.19g (1.84%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.69g (0.77%), Cholesterol: 3.34mg (1.11%), Sodium: 958.97mg (41.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.53%), Vitamin A: 695.61IU (13.91%), Vitamin C: 9.65mg (11.69%), Selenium: 2.86µg (4.08%), Vitamin B6: 0.06mg (3.04%), Manganese: 0.06mg (2.98%), Vitamin B2: 0.05mg (2.89%), Phosphorus: 24.28mg (2.43%), Calcium: 23.28mg (2.33%), Fiber: 0.55g (2.19%), Folate: 6.86µg (1.72%), Potassium: 57.33mg (1.64%), Zinc: 0.21mg (1.38%), Magnesium: 5.44mg (1.36%), Vitamin K: 1.42µg (1.35%), Vitamin E: 0.2mg (1.31%), Iron: 0.22mg (1.24%), Vitamin B1: 0.02mg (1.23%), Copper: 0.02mg (1.09%), Vitamin B12: 0.06µg (1.06%), Vitamin B3: 0.21mg (1.04%)