



Easy Cold Pasta Salad

 Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup olives black pitted sliced
- ☐ 10 cherry tomatoes quartered
- ☐ 2 cucumbers chopped
- ☐ 0.5 onion finely chopped
- ☐ 14 ounces rotini pasta uncooked
- ☐ 1 cup salad dressing italian-style

Equipment

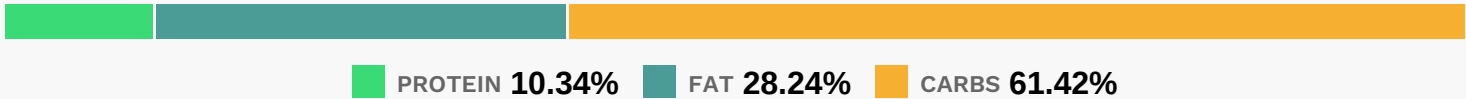
- ☐ bowl

- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the rotini, and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes.
- ☐ Drain and cool by running cold water over the pasta in a colander set in the sink.
- ☐ Combine cooked and cooled pasta with the cucumbers, onion, tomatoes, and olives in a large bowl.
- ☐ Pour the Italian dressing over the salad and stir to combine. Cover and refrigerate for at least two hours before serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:15.2, Inflammation Score:-4, Nutrition Score:9.5678260430046%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 288.49kcal (14.42%), Fat: 9.03g (13.9%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 41.4g (15.06%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 496.22mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Selenium: 32.27µg (46.1%), Manganese: 0.55mg (27.5%), Vitamin K: 22.7µg (21.62%), Phosphorus: 122.37mg (12.24%), Copper: 0.24mg (11.8%), Fiber: 2.8g (11.18%), Magnesium: 40.76mg (10.19%), Vitamin C: 7.87mg (9.54%), Vitamin E: 1.32mg (8.82%), Potassium: 298.99mg (8.54%), Vitamin B6: 0.16mg (7.82%), Iron: 1.11mg (6.15%), Folate: 23.88µg (5.97%), Zinc: 0.89mg (5.96%), Vitamin B1: 0.09mg (5.82%), Vitamin B3: 1.06mg (5.3%), Vitamin A: 218.36IU (4.37%), Vitamin B5: 0.43mg (4.33%), Calcium: 35.24mg (3.52%), Vitamin B2: 0.06mg (3.29%)