



## Easy Gluten Free Vegetarian Pasta Salad

READY IN



45 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb soup noodles gluten-free
- 2 Tbsp greek yogurt plain
- 1 tsp orange zest
- 2 tsp orange juice fresh
- 2 Tbsp olive oil
- 1 lb grapes fresh
- 0.3 cup cilantro leaves fresh finely chopped
- 0.3 tsp sea salt
- 0.3 tsp pepper black

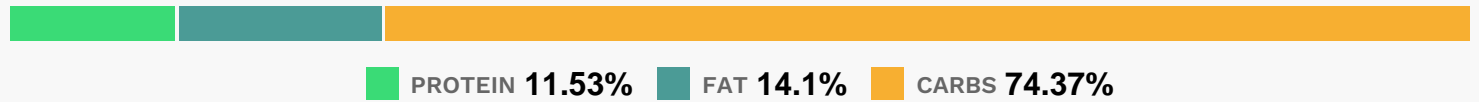
# Equipment

bowl

# Directions

- Cook pasta according to package directions.
- Drain and set aside to cool for 10 minutes.
- In a large bowl, combine all ingredients; gently toss to combine.
- Transfer pasta salad to four serving bowls.
- Serve chilled.

# Nutrition Facts



# Properties

Glycemic Index:51, Glycemic Load:43.22, Inflammation Score:-5, Nutrition Score:16.80347826087%

# Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

# Taste

Sweetness: 100%, Saltiness: 16.43%, Sourness: 39.11%, Bitterness: 37.54%, Savoriness: 72.72%, Fattiness: 46.25%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 568.01kcal (28.4%), Fat: 8.94g (13.75%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 106.08g (35.36%), Net Carbohydrates: 101.31g (36.84%), Sugar: 21.15g (23.5%), Cholesterol: 0.38mg (0.13%), Sodium: 157.79mg (6.86%), Protein: 16.44g (32.88%), Selenium: 72.55µg (103.64%), Manganese: 1.14mg (57.11%), Phosphorus: 248.58mg (24.86%), Copper: 0.48mg (23.95%), Vitamin K: 24.19µg (23.04%), Fiber: 4.77g (19.08%), Magnesium: 69.84mg (17.46%), Potassium: 495.07mg (14.14%), Vitamin B6: 0.27mg (13.37%), Vitamin B1: 0.19mg (12.43%), Zinc: 1.73mg (11.52%), Vitamin B3: 2.19mg (10.94%), Iron: 1.97mg (10.94%), Vitamin B2: 0.17mg (10.11%), Vitamin E: 1.38mg

(9.19%), Vitamin C: 6.33mg (7.67%), Folate: 25.05 $\mu$ g (6.26%), Vitamin B5: 0.59mg (5.87%), Calcium: 46.05mg (4.61%), Vitamin A: 152.41IU (3.05%)