



## Easy Pasta Salad

READY IN



200 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup olives black sliced
- 2 cups broccoli florets fresh
- 1 cup cherry tomatoes halved
- 0.3 cup lite house dressing italian kraft
- 0.3 cup reduced fat topping parmesan style grated kraft
- 2 cups rotini pasta whole wheat uncooked

## Equipment

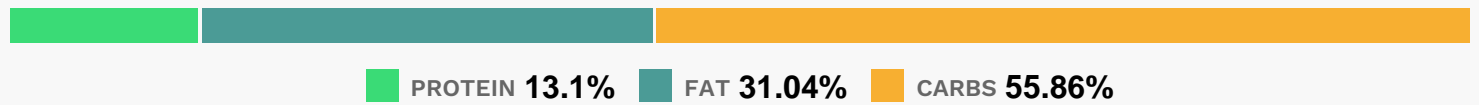
- bowl

sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.; drain.
- Place in medium bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:9.59, Inflammation Score:-6, Nutrition Score:13.240000058127%

## Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg, Kaempferol: 3.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

## Nutrients (% of daily need)

Calories: 209.27kcal (10.46%), Fat: 7.34g (11.29%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.01g (9.82%), Sugar: 4.66g (5.18%), Cholesterol: 5.5mg (1.83%), Sodium: 442.56mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.93%), Vitamin C: 49.16mg (59.58%), Vitamin K: 58.67µg (55.88%), Selenium: 21.86µg (31.23%), Manganese: 0.42mg (21.06%), Phosphorus: 146mg (14.6%), Vitamin A: 543.64IU (10.87%), Calcium: 108.03mg (10.8%), Fiber: 2.68g (10.73%), Folate: 39.79µg (9.95%), Potassium: 319.69mg (9.13%), Vitamin E: 1.36mg (9.05%), Vitamin B6: 0.17mg (8.49%), Copper: 0.17mg (8.28%), Magnesium: 33.09mg (8.27%), Vitamin B2: 0.11mg (6.49%), Iron: 1.12mg (6.24%), Zinc: 0.92mg (6.14%), Vitamin B1: 0.08mg (5.35%), Vitamin B3: 1.05mg (5.26%), Vitamin B5: 0.46mg (4.6%), Vitamin B12: 0.14µg (2.35%)