



 **66%**  
HEALTH SCORE

## Easy Pasta Salad

 Very Healthy

READY IN



20 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 head broccoli cut into florets
- 6.5 ounce marinated artichoke hearts
- 0.3 cup parmesan cheese grated
- 1 pound penne pasta
- 1 bell pepper red julienned
- 8 servings salt and pepper to taste

### Equipment

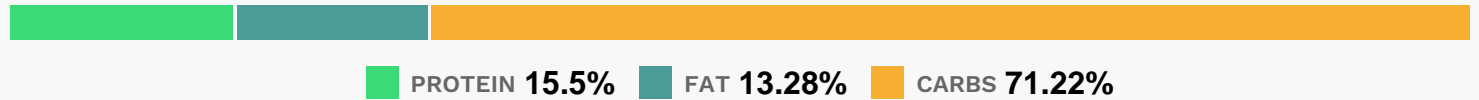
- bowl

pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 minutes.
- Add broccoli and cook 2 minutes more.
- Drain pasta and broccoli and rinse with cold water until cool.
- In large bowl, combine pasta, broccoli, red bell pepper, the artichoke hearts with their marinade, Parmesan, salt and pepper. Toss, adjust seasoning and serve.

## Nutrition Facts



## Properties

Glycemic Index:13.25, Glycemic Load:18.19, Inflammation Score:-8, Nutrition Score:19.662174008787%

## Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## Nutrients (% of daily need)

Calories: 278.55kcal (13.93%), Fat: 4.13g (6.35%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 45.26g (16.46%), Sugar: 3.66g (4.07%), Cholesterol: 2.72mg (0.91%), Sodium: 365.08mg (15.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Vitamin C: 91.67mg (111.11%), Vitamin K: 78.36µg (74.63%), Selenium: 38.84µg (55.49%), Manganese: 0.7mg (34.97%), Vitamin A: 1196.59IU (23.93%), Fiber: 4.56g (18.25%), Phosphorus: 181mg (18.1%), Folate: 65.12µg (16.28%), Vitamin B6: 0.26mg (12.97%), Magnesium: 48.89mg (12.22%), Potassium: 403.78mg (11.54%), Copper: 0.2mg (10.25%), Vitamin B2: 0.15mg (8.61%), Zinc: 1.28mg (8.56%), Iron: 1.54mg (8.54%), Calcium: 81.02mg (8.1%), Vitamin B3: 1.6mg (7.99%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.74mg (7.37%), Vitamin E: 0.91mg (6.04%)