



Easy Penne Pasta Salad

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

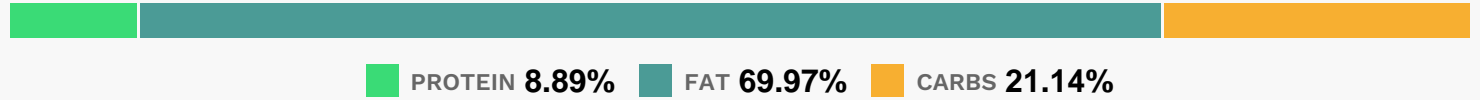
- 1 cup cherry tomatoes quartered
- 2 cups penne pasta hot cooked
- 4 oz athenos feta cheese crumbled traditional
- 0.3 cup basil leaves fresh loosely packed cut into strips
- 0.3 cup onions red chopped
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil kraft

Equipment

Directions

- Combine all ingredients.
- Serve immediately. Or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:2.3573913062396%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 83.35kcal (4.17%), Fat: 6.55g (10.07%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.12g (1.5%), Sugar: 0.43g (0.47%), Cholesterol: 6.73mg (2.24%), Sodium: 87.61mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Selenium: 4.19µg (5.99%), Vitamin K: 5.53µg (5.26%), Vitamin E: 0.77mg (5.15%), Vitamin B2: 0.07mg (4.08%), Calcium: 40.76mg (4.08%), Phosphorus: 35.9mg (3.59%), Vitamin C: 2.56mg (3.1%), Manganese: 0.06mg (2.93%), Vitamin B6: 0.05mg (2.47%), Vitamin A: 108.66IU (2.17%), Vitamin B12: 0.13µg (2.13%), Zinc: 0.3mg (1.99%), Iron: 0.31mg (1.73%), Folate: 5.37µg (1.34%), Fiber: 0.33g (1.31%), Vitamin B1: 0.02mg (1.26%), Magnesium: 4.98mg (1.24%), Copper: 0.02mg (1.21%), Potassium: 36.84mg (1.05%), Vitamin B5: 0.1mg (1.03%)