



Farmers' Market Pasta Salad

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup torn basil fresh
- 0.3 cup torn cilantro fresh
- 1 cup corn kernels fresh
- 0.5 cup green onions thinly sliced
- 2 cups baby heirloom tomatoes halved
- 10 servings parmesan vinaigrette
- 1 cup peaches fresh diced firm ripe (2 medium)
- 8 oz penne pasta
- 1 small bell pepper red cut into thin strips

- 10 oz meat from a rotisserie chicken smoked shredded
- 2 small zucchini thinly sliced into half moons

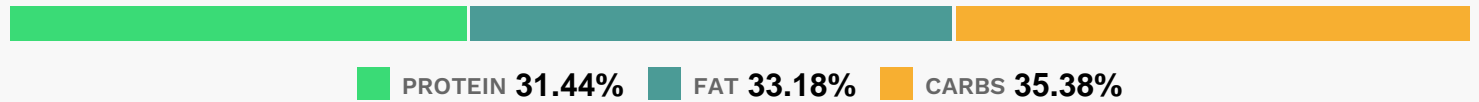
Equipment

- bowl

Directions

- Toss together first 7 ingredients in a large bowl, and let stand 10 minutes.
- Meanwhile, prepare pasta according to package directions.
- Add hot cooked pasta and chicken to tomato mixture; toss gently to coat. Season with salt and pepper to taste.
- Transfer to a serving platter, and top with basil and cilantro.
- *1 (20-oz.) package refrigerated cheese-filled tortellini may be substituted.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:14.383478195771%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 281.23kcal (14.06%), Fat: 10.38g (15.97%), Saturated Fat: 5.58g (34.9%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 22.76g (8.28%), Sugar: 4.85g (5.39%), Cholesterol: 41.66mg (13.89%), Sodium: 512.15mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.14g (44.27%), Selenium: 28.56µg (40.8%), Calcium: 376.92mg (37.69%), Phosphorus: 342.39mg (34.24%), Vitamin C: 20.62mg (25%), Vitamin A: 978.41IU (19.57%),

Vitamin K: 20.09µg (19.14%), Manganese: 0.36mg (17.77%), Vitamin B3: 3.48mg (17.39%), Vitamin B6: 0.28mg (14.1%), Zinc: 1.85mg (12.34%), Vitamin B2: 0.21mg (12.19%), Magnesium: 47.84mg (11.96%), Potassium: 367.81mg (10.51%), Fiber: 2.15g (8.61%), Folate: 32.23µg (8.06%), Copper: 0.15mg (7.55%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.44µg (7.37%), Iron: 1.32mg (7.33%), Vitamin B1: 0.1mg (6.99%), Vitamin E: 0.57mg (3.78%)