



Fattoush Pasta Salad

READY IN



30 min.

SERVINGS



10

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 box ranch & bacon pasta salad mix betty suddenly salad®
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons flour
- ☐ 1.5 cups cucumber coarsely chopped
- ☐ 1 cup the of 1 cos lettuce coarsely chopped
- ☐ 4 oz feta cheese crumbled
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup zucchini thinly sliced

- ☐ 0.3 cup radishes thinly sliced
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon mint leaves fresh finely chopped
- ☐ 2 cups croutons flavored

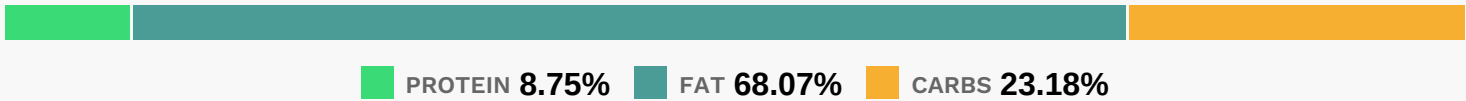
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Empty Pasta mix into 3-quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- ☐ Drain pasta; rinse with cold water. Shake to drain well.
- ☐ In large bowl, stir together Seasoning mix, oil, lemon juice and Greek seasoning.
- ☐ Add pasta and all remaining ingredients; toss gently. Cover and refrigerate 1 hour to chill.

Nutrition Facts



Properties

Glycemic Index:33.3, Glycemic Load:3.66, Inflammation Score:-6, Nutrition Score:7.0147825557253%

Flavonoids

Pelargonidin: 2.44mg, Pelargonidin: 2.44mg, Pelargonidin: 2.44mg, Pelargonidin: 2.44mg Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 132.01kcal (6.6%), Fat: 10.18g (15.66%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.73g (2.45%), Sugar: 1.35g (1.5%), Cholesterol: 10.09mg (3.36%), Sodium: 177.82mg (7.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Vitamin K: 45.11µg (42.96%), Vitamin A: 799.34IU (15.99%), Vitamin C: 10.13mg (12.27%), Vitamin B2: 0.14mg (8.11%), Folate: 32.19µg (8.05%), Vitamin E: 1.18mg (7.88%), Calcium: 74mg (7.4%), Phosphorus: 61.41mg (6.14%), Selenium: 4.2µg (5.99%), Vitamin B1: 0.08mg (5.49%), Manganese: 0.11mg (5.25%), Vitamin B6: 0.1mg (4.99%), Fiber: 1.08g (4.31%), Potassium: 142.46mg (4.07%), Iron: 0.71mg (3.95%), Zinc: 0.52mg (3.48%), Vitamin B3: 0.66mg (3.29%), Vitamin B12: 0.19µg (3.19%), Magnesium: 12.6mg (3.15%), Copper: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.48%)