



HEALTH SCORE

58%

Favourite pasta salad



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g pasta shapes dried (use vegan-friendly pasta)
- ☐ 140 g peas frozen
- ☐ 4 servings pack parsley chopped
- ☐ 1 small pack chives snipped
- ☐ 1 lemon zest
- ☐ 2 tbsp olive oil

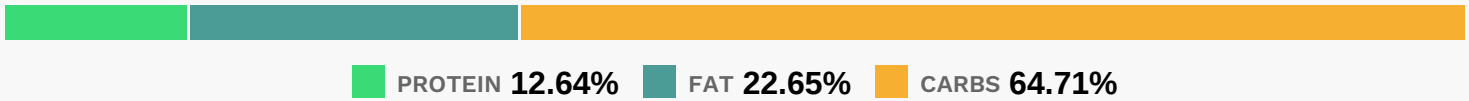
Equipment

- ☐ bowl

Directions

- ☐ Cook the pasta, adding the peas for final 2 mins cooking time.
- ☐ Drain, rinse with cold water to cool, then drain again. Tip into a bowl with the chopped herbs, lemon zest and juice, olive oil and plenty of seasoning and mix well. Cover and chill, spooning out portions as and when. If you're making this for one person, by days 3 and 4 you'll need to stir in a little olive oil or something creamy to loosen the pasta.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:20.15, Inflammation Score:-6, Nutrition Score:15.056086965229%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 324.33kcal (16.22%), Fat: 8.12g (12.49%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 47.92g (17.43%), Sugar: 3.75g (4.17%), Cholesterol: 0mg (0%), Sodium: 7.98mg (0.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 10.2g (20.39%), Vitamin K: 79.09µg (75.32%), Selenium: 40.15µg (57.35%), Manganese: 0.72mg (36.2%), Vitamin C: 21.4mg (25.94%), Fiber: 4.29g (17.17%), Phosphorus: 158.57mg (15.86%), Copper: 0.25mg (12.5%), Vitamin A: 616.34IU (12.33%), Magnesium: 47.01mg (11.75%), Vitamin B1: 0.15mg (10.26%), Folate: 40.54µg (10.13%), Vitamin B3: 1.85mg (9.27%), Zinc: 1.36mg (9.09%), Iron: 1.63mg (9.06%), Vitamin B6: 0.15mg (7.72%), Vitamin E: 1.16mg (7.71%), Potassium: 250.15mg (7.15%), Vitamin B2: 0.09mg (5.24%), Vitamin B5: 0.33mg (3.27%), Calcium: 29.7mg (2.97%)