



Feta and Vegetable Rotini Salad from ATHENOS

READY IN



90 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

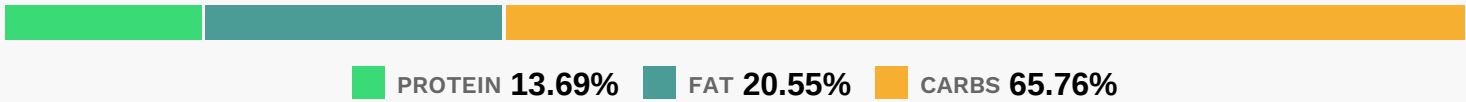
- ☐ 0.5 cup olives black sliced
- ☐ 1 cup cherry tomatoes halved
- ☐ 1 cup cucumbers chopped
- ☐ 1 cup athenos feta cheese crumbled traditional
- ☐ 0.5 cup dressing italian
- ☐ 0.3 cup onions red finely chopped
- ☐ 3 cups tri-color rotini pasta cooled cooked

Equipment

Directions

- ☐ Combine ingredients.
- ☐ Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:13.88, Glycemic Load:26.97, Inflammation Score:-5, Nutrition Score:14.167826051297%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 433.67kcal (21.68%), Fat: 9.81g (15.1%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 70.65g (23.55%), Net Carbohydrates: 67.2g (24.44%), Sugar: 4.91g (5.45%), Cholesterol: 16.69mg (5.56%), Sodium: 499.13mg (21.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.71g (29.42%), Selenium: 59.39µg (84.84%), Manganese: 0.86mg (43.08%), Phosphorus: 243.57mg (24.36%), Copper: 0.3mg (15.15%), Magnesium: 56.42mg (14.1%), Fiber: 3.45g (13.8%), Vitamin B2: 0.22mg (13.04%), Zinc: 1.87mg (12.45%), Vitamin B6: 0.25mg (12.33%), Calcium: 122.89mg (12.29%), Vitamin K: 10.51µg (10.01%), Vitamin B3: 1.84mg (9.22%), Vitamin B1: 0.13mg (8.51%), Iron: 1.53mg (8.49%), Potassium: 295.87mg (8.45%), Folate: 27.92µg (6.98%), Vitamin B5: 0.64mg (6.36%), Vitamin C: 5.21mg (6.31%), Vitamin E: 0.88mg (5.9%), Vitamin B12: 0.32µg (5.28%), Vitamin A: 220.72IU (4.41%)