



## Fruit and Pasta Salad with Yogurt

READY IN



30 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 ounces gemelli uncooked (twist)
- 3 cups fruit fresh such as strawberries, grapes, plums, peaches
- 0.5 cup vanilla yogurt
- 0.3 cup poppy seeds refrigerated
- 1 teaspoon orange zest grated
- 0.3 teaspoon salt

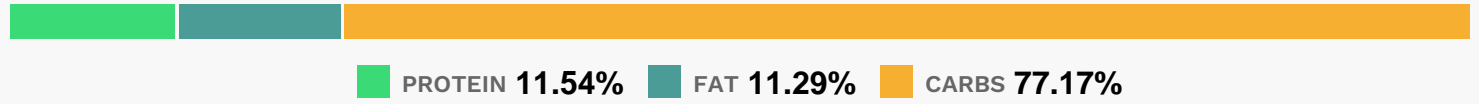
### Equipment

- bowl

## Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Mix pasta and remaining ingredients in large bowl.
- Serve immediately, or cover and refrigerate up to 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:8.53, Inflammation Score:-4, Nutrition Score:7.2147825127063%

## Nutrients (% of daily need)

Calories: 190.97kcal (9.55%), Fat: 2.44g (3.75%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 34.37g (12.5%), Sugar: 12.99g (14.44%), Cholesterol: 0.77mg (0.26%), Sodium: 90.01mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Manganese: 0.56mg (28.21%), Selenium: 19.23µg (27.47%), Fiber: 3.17g (12.67%), Phosphorus: 121.22mg (12.12%), Copper: 0.22mg (10.93%), Calcium: 96.95mg (9.69%), Magnesium: 36.43mg (9.11%), Zinc: 0.94mg (6.25%), Iron: 1.06mg (5.91%), Potassium: 206.36mg (5.9%), Vitamin A: 276.04IU (5.52%), Vitamin B1: 0.08mg (5.23%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.07mg (4.32%), Vitamin K: 4.13µg (3.94%), Vitamin B6: 0.07mg (3.6%), Folate: 12.06µg (3.01%), Vitamin C: 2.46mg (2.98%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.08µg (1.35%)