



Garden-Fresh Pasta Salad

READY IN



90 min.

SERVINGS



30

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups broccoli florets
- 2 cups cherry tomatoes halved
- 1 onion and pepper red chopped
- 0.5 cup parmesan cheese grated kraft
- 8 oz sun tomato vinaigrette dressing dried kraft
- 16 oz farfalle pasta whole wheat uncooked (bow-tie pasta)

Equipment

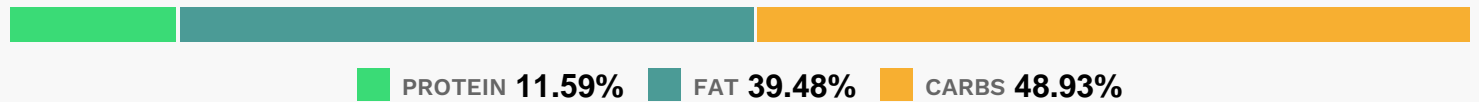
- bowl

sauce pan

Directions

- Cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 3 min.
- Drain.
- Rinse pasta mixture with cold water; drain well.
- Place in large bowl.
- Add all remaining ingredients except cheese; mix lightly.
- Refrigerate 1 hour. Stir gently before serving; top with cheese.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:5.1239130547189%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 97.45kcal (4.87%), Fat: 4.5g (6.92%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12.32g (4.48%), Sugar: 0.54g (0.6%), Cholesterol: 1.45mg (0.48%), Sodium: 33.56mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Manganese: 0.49mg (24.33%), Selenium: 11.94µg (17.06%), Vitamin K: 13.96µg (13.3%), Vitamin C: 7.68mg (9.31%), Magnesium: 24.38mg (6.1%), Phosphorus: 56.38mg (5.64%), Vitamin B1: 0.08mg (5.48%), Vitamin B3: 0.87mg (4.34%), Copper: 0.08mg (3.99%), Iron: 0.67mg (3.71%), Folate: 13.84µg (3.46%), Zinc: 0.47mg (3.13%), Vitamin E: 0.46mg (3.07%), Vitamin B6: 0.05mg (2.68%), Calcium: 24.73mg (2.47%), Potassium: 77.07mg (2.2%), Vitamin B2: 0.04mg (2.16%), Vitamin A: 102.48IU (2.05%), Vitamin B5: 0.2mg (2.02%)