



WHATSheATE



Garden Gazpacho Pasta Salad

READY IN



20 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 ounces soup noodles uncooked
- ☐ 6 ounces cheddar cheese shredded
- ☐ 0.5 cup olives ripe sliced
- ☐ 1.5 cups salsa
- ☐ 2 tablespoons vegetable oil
- ☐ 2 cups zucchini sliced
- ☐ 1 cup tomatoes chopped
- ☐ 11 ounces corn whole drained canned

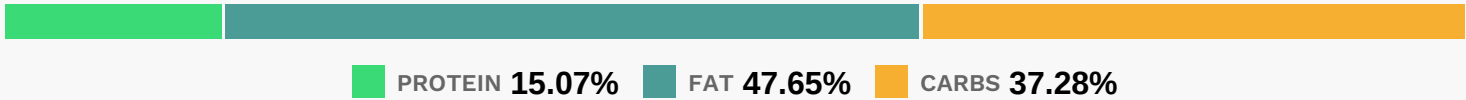
Equipment

☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Toss pasta and remaining ingredients in large bowl.
- ☐ Serve immediately, or cover
- ☐ and refrigerate up to 24 hours. Toss before serving.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:9.3291304370631%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 239.81kcal (11.99%), Fat: 12.95g (19.92%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 20.6g (7.49%), Sugar: 3.66g (4.07%), Cholesterol: 21.26mg (7.09%), Sodium: 658.39mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Selenium: 16.67µg (23.82%), Calcium: 179.31mg (17.93%), Phosphorus: 175.69mg (17.57%), Manganese: 0.3mg (15.07%), Vitamin A: 697.35IU (13.95%), Vitamin C: 9.69mg (11.74%), Vitamin K: 11.75µg (11.19%), Vitamin E: 1.51mg (10.06%), Potassium: 351.52mg (10.04%), Vitamin B6: 0.19mg (9.56%), Vitamin B2: 0.16mg (9.3%), Zinc: 1.35mg (8.97%), Fiber: 2.2g (8.8%), Magnesium: 34.35mg (8.59%), Folate: 31.08µg (7.77%), Vitamin B3: 1.4mg (7.01%), Copper: 0.13mg (6.72%), Vitamin B1: 0.07mg (4.4%), Iron: 0.74mg (4.1%), Vitamin B12: 0.23µg (3.76%), Vitamin B5: 0.34mg (3.37%)