



Garden Pasta Salad

 Vegetarian

READY IN



32 min.

SERVINGS



8

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound farfalle pasta
- ☐ 2 stalks celery chopped
- ☐ 0.3 cup chives chopped
- ☐ 2 garlic clove minced
- ☐ 2 cups greek yogurt
- ☐ 2 teaspoons honey
- ☐ 0.7 cup mayonnaise
- ☐ 1 cup peas frozen

- ☐ 8 servings salt and pepper
- ☐ 2 tomatoes seeded chopped
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 2 bell pepper yellow seeded thinly sliced

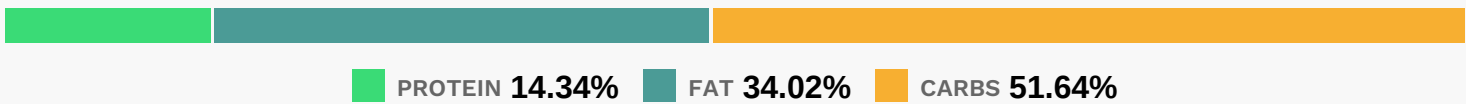
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk yogurt, mayonnaise, garlic, honey, vinegar, salt, pepper and chives together in a bowl; chill.
- ☐ Make salad: Cook pasta according to package label directions, adding peas for the last minute.
- ☐ Drain and rinse under cold water to cool.
- ☐ In a large bowl toss dressing, pasta, peas and remaining ingredients together until well combined. Season with additional salt and pepper, if desired.
- ☐ Serve, or chill, covered, to serve later.

Nutrition Facts



Properties

Glycemic Index:41.7, Glycemic Load:18.97, Inflammation Score:-7, Nutrition Score:17.575652267622%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 405.09kcal (20.25%), Fat: 15.23g (23.44%), Saturated Fat: 2.43g (15.21%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 48.31g (17.57%), Sugar: 6.7g (7.45%), Cholesterol: 10.34mg (3.45%), Sodium: 345.31mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Vitamin C: 67.59mg (81.93%), Selenium: 41.8µg (59.72%), Vitamin K: 43.9µg (41.81%), Manganese: 0.7mg (35.13%), Phosphorus: 218.06mg (21.81%), Fiber: 3.71g (14.82%), Copper: 0.27mg (13.36%), Vitamin B2: 0.22mg (13.2%), Magnesium: 50.85mg (12.71%), Vitamin B6: 0.24mg (11.93%), Potassium: 417.2mg (11.92%), Vitamin A: 585.95IU (11.72%), Folate: 44.18µg (11.04%), Vitamin B3: 1.95mg (9.73%), Zinc: 1.46mg (9.71%), Vitamin B1: 0.14mg (9.11%), Calcium: 87.12mg (8.71%), Iron: 1.38mg (7.68%), Vitamin B12: 0.37µg (6.21%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.57mg (5.74%)