



 **27%**
HEALTH SCORE

Garden Pasta Toss

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce artichoke hearts drained canned
- 3 cups farfalle pasta uncooked
- 1 cup broccoli
- 2 small carrots thinly sliced
- 1 cup cherry tomatoes halved
- 0.3 teaspoon basil dried
- 4 spring onion sliced
- 0.3 teaspoon oregano dried
- 0.5 cup parmesan italian

3 quarts water

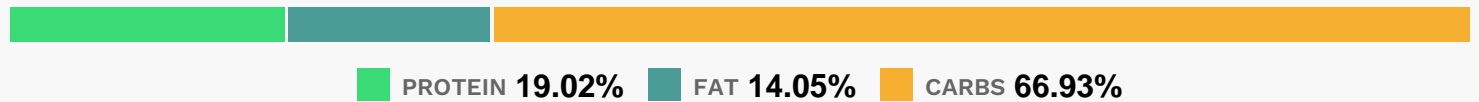
Equipment

dutch oven

Directions

- Cook pasta in 3 quarts boiling water in a Dutch oven 12 minutes.
- Add broccoli and carrot, and cook 1 minute; drain. Rinse with cold water to stop the cooking process; drain. Return pasta mixture to Dutch oven. Stir in artichokes and next 4 ingredients.
- Add dressing, tossing to coat. Cover and chill 2 hours.
- Sprinkle with cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:30.81, Glycemic Load:9.92, Inflammation Score:-9, Nutrition Score:12.452608622935%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 178.4kcal (8.92%), Fat: 2.75g (4.23%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 29.45g (9.82%), Net Carbohydrates: 26.19g (9.52%), Sugar: 3.23g (3.58%), Cholesterol: 5.67mg (1.89%), Sodium: 423.6mg (18.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin A: 3143.71IU (62.87%), Vitamin K: 35.82µg (34.11%), Selenium: 21.4µg (30.57%), Vitamin C: 21.23mg (25.74%), Manganese: 0.38mg (18.93%), Calcium: 142.31mg (14.23%), Phosphorus: 140.2mg (14.02%), Fiber: 3.26g (13.04%), Copper: 0.21mg (10.32%), Magnesium: 33.73mg (8.43%), Potassium: 252.61mg (7.22%), Folate: 27.07µg (6.77%), Vitamin B6: 0.12mg (6.24%), Zinc: 0.87mg (5.81%), Iron: 0.97mg (5.39%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.97mg (4.85%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.34mg (3.36%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.1µg (1.67%)