



Garlicky Vegetable Pasta Salad

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup sriracha
- 4 cups rotini pasta cooked uncooked (8 ounces short twisted spaghetti)
- 3 ounces feta cheese crumbled
- 0.5 cup basil fresh chopped
- 3 tablespoons kalamata olives pitted chopped
- 3 cups savory vegetable

Equipment

- bowl

Directions

Combine all ingredients in a large bowl, tossing gently.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:22.62, Inflammation Score:-10, Nutrition Score:19.416956676089%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 355.9kcal (17.79%), Fat: 7.31g (11.25%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 59.19g (19.73%), Net Carbohydrates: 50.77g (18.46%), Sugar: 3.26g (3.63%), Cholesterol: 18.92mg (6.31%), Sodium: 1127.91mg (49.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.07%), Vitamin A: 7203.03IU (144.06%), Selenium: 34.82µg (49.74%), Manganese: 0.75mg (37.59%), Fiber: 8.42g (33.68%), Phosphorus: 222.26mg (22.23%), Vitamin B2: 0.32mg (18.92%), Vitamin C: 14.74mg (17.86%), Iron: 3.06mg (17.02%), Calcium: 155.6mg (15.56%), Magnesium: 60.53mg (15.13%), Vitamin B1: 0.23mg (15%), Vitamin B6: 0.29mg (14.26%), Folate: 56.83µg (14.21%), Copper: 0.27mg (13.5%), Zinc: 1.85mg (12.35%), Vitamin K: 12.92µg (12.3%), Vitamin B3: 2.43mg (12.15%), Potassium: 365.63mg (10.45%), Vitamin B12: 0.36µg (5.99%), Vitamin B5: 0.57mg (5.67%), Vitamin E: 0.36mg (2.41%)