



Gazpacho Pasta Salad

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



14

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 oz farfalle pasta (farfalle)
- 2 cups tomatoes seeded coarsely chopped
- 1.5 cups cucumber coarsely chopped
- 0.5 cup bell pepper red coarsely chopped
- 0.5 cup bell pepper yellow coarsely chopped
- 0.5 cup spring onion sliced
- 1 anaheim chili green seeded chopped
- 2.3 oz olives ripe drained sliced canned

- 0.5 cup cilantro leaves fresh finely chopped
- 0.5 cup sacramento tomato juice
- 0.3 cup vegetable oil
- 0.3 cup juice of lime
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped

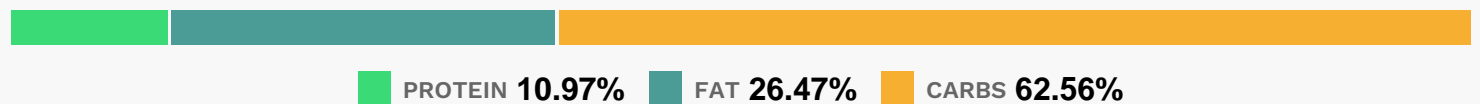
Equipment

- bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- In large bowl, mix pasta and all remaining salad ingredients.
- In small bowl, mix all vinaigrette ingredients until well blended.
- Pour over salad; toss to mix.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:10.25, Inflammation Score:-5, Nutrition Score:7.8291305044423%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 175.22kcal (8.76%), Fat: 5.19g (7.99%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 25.59g (9.31%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 172.93mg (7.52%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.68%), Selenium: 20.67µg (29.53%), Vitamin C: 24.27mg (29.42%), Vitamin K: 19.68µg (18.74%), Manganese: 0.37mg (18.54%), Vitamin A: 498.35IU (9.97%), Fiber: 2.01g (8.05%), Phosphorus: 76.65mg (7.67%), Copper: 0.14mg (7.05%), Magnesium: 25.33mg (6.33%), Potassium: 206.48mg (5.9%), Vitamin B6: 0.12mg (5.79%), Vitamin E: 0.8mg (5.35%), Folate: 19.81µg (4.95%), Vitamin B3: 0.89mg (4.43%), Iron: 0.7mg (3.87%), Zinc: 0.58mg (3.87%), Vitamin B1: 0.06mg (3.68%), Vitamin B5: 0.26mg (2.56%), Vitamin B2: 0.04mg (2.4%), Calcium: 19.67mg (1.97%)