



 **62%**  
HEALTH SCORE

## Greek Goddess Pasta Salad

 Dairy Free  Very Healthy

READY IN



110 min.

SERVINGS



10

CALORIES



608 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 avocados ripe
- 1 small head broccoli
- 1 small cucumber chopped
- 0.5 teaspoon garlic minced
- 12 ounce kalamata olives pitted sliced
- 12 ounce marinated artichoke hearts drained chopped
- 12 ounce oil-packed sun-dried tomatoes drained cut into strips
- 1 small onion diced red

- 8 ounce roasted bell peppers red drained cut into strips
- 4 roma tomatoes diced
- 12 ounce tri-colored rotini pasta
- 16 ounce greek vinaigrette salad dressing
- 1 small bell pepper yellow chopped
- 1 small zucchini chopped

## Equipment

- bowl
- sauce pan
- whisk
- pot
- colander

## Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes.
- Drain well in a colander set in the sink, rinse with cool water and place in a large bowl.
- Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat.
- Add the broccoli , recover, and steam until just tender, 2 to 6 minutes depending on thickness. Rinse the broccoli with cold water, finely chop, and add to pasta.
- Stir in the garlic, red onion, artichoke hearts, kalamata olives, roasted red peppers, Roma tomatoes, sun-dried tomatoes, zucchini, cucumber, and yellow pepper and combine well.
- Cut the avocados in half, remove the pit, and remove from the skin with a large spoon.
- Cut the avocados into large pieces, place in a small bowl and mash well with a fork. Slowly whisk in the Greek dressing until well combined.
- Pour the Greek-avocado dressing into the pasta salad and gently toss. Refrigerate for at least one hour before serving.

# Nutrition Facts

PROTEIN 8.26% FAT 54.37% CARBS 37.37%

## Properties

Glycemic Index:26.9, Glycemic Load:16.3, Inflammation Score:-9, Nutrition Score:32.924782462742%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg, Kaempferol: 4.86mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

## Nutrients (% of daily need)

Calories: 608.46kcal (30.42%), Fat: 38.86g (59.78%), Saturated Fat: 6.36g (39.75%), Carbohydrates: 60.09g (20.03%), Net Carbohydrates: 47.69g (17.34%), Sugar: 18.29g (20.32%), Cholesterol: 0mg (0%), Sodium: 1035.35mg (45.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Vitamin C: 109.73mg (133.01%), Vitamin K: 134.06µg (127.68%), Manganese: 1.25mg (62.35%), Potassium: 1824.27mg (52.12%), Fiber: 12.41g (49.62%), Copper: 0.8mg (40.13%), Selenium: 26.29µg (37.56%), Vitamin E: 4.89mg (32.6%), Vitamin A: 1583.22IU (31.66%), Magnesium: 123.46mg (30.87%), Folate: 117.55µg (29.39%), Iron: 5mg (27.77%), Phosphorus: 271.28mg (27.13%), Vitamin B3: 5.24mg (26.18%), Vitamin B6: 0.5mg (24.83%), Vitamin B1: 0.32mg (21.33%), Vitamin B2: 0.34mg (20.24%), Vitamin B5: 1.89mg (18.91%), Zinc: 1.86mg (12.38%), Calcium: 121.95mg (12.2%)