



Greek Isles Pasta Salad

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups tightly baby spinach leaves packed
- 0.8 cup chickpeas canned rinsed (garbanzo beans)
- 1 cup cherry tomatoes halved
- 3 cups farfalle pasta uncooked (bow-tie pasta)
- 1 cup natural feta cheese crumbles kraft
- 0.5 cup athenos greek vinaigrette dressing with real athenos feta cheese

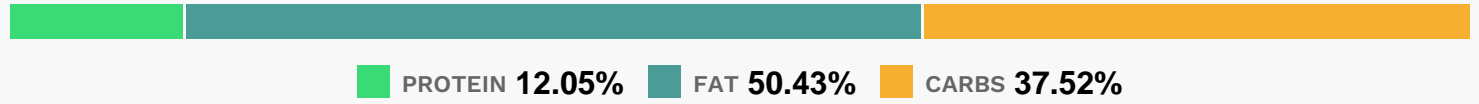
Equipment

- bowl

Directions

- Cook pasta as directed on package, omitting salt; drain.
- Place pasta in large bowl.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:4.1073912829161%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 88.77kcal (4.44%), Fat: 5.02g (7.72%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.73g (2.81%), Sugar: 0.59g (0.66%), Cholesterol: 6.68mg (2.22%), Sodium: 106.39mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin K: 21.02µg (20.02%), Selenium: 7.1µg (10.15%), Manganese: 0.17mg (8.48%), Vitamin A: 350.31IU (7.01%), Phosphorus: 50.76mg (5.08%), Vitamin B2: 0.08mg (4.53%), Calcium: 44.81mg (4.48%), Vitamin B6: 0.09mg (4.27%), Folate: 12.35µg (3.09%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.41mg (2.76%), Zinc: 0.41mg (2.74%), Magnesium: 10.9mg (2.72%), Fiber: 0.68g (2.71%), Copper: 0.05mg (2.37%), Vitamin B12: 0.13µg (2.11%), Iron: 0.37mg (2.07%), Potassium: 67.06mg (1.92%), Vitamin B1: 0.03mg (1.78%), Vitamin B3: 0.3mg (1.48%), Vitamin B5: 0.14mg (1.41%)