



Greek Pasta Salad

READY IN



75 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olives black sliced
- 1 cup cucumber
- 0.3 cup athenos feta cheese crumbled traditional
- 6.4 oz pasta salad italian kraft
- 0.3 cup onion red thin

Equipment

Directions

- Prepare Pasta Salad as directed on package.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:4.4826086474502%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 202.08kcal (10.1%), Fat: 4.24g (6.52%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 16.73g (6.08%), Sugar: 3.54g (3.93%), Cholesterol: 8.34mg (2.78%), Sodium: 893.78mg (38.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.91%), Folate: 97.02µg (24.26%), Fiber: 2.42g (9.69%), Vitamin A: 445.67IU (8.91%), Iron: 1.45mg (8.07%), Calcium: 74.98mg (7.5%), Vitamin B2: 0.09mg (5.34%), Potassium: 182.57mg (5.22%), Phosphorus: 41.81mg (4.18%), Vitamin B6: 0.07mg (3.57%), Vitamin C: 2.85mg (3.45%), Vitamin B12: 0.16µg (2.64%), Vitamin K: 2.72µg (2.59%), Vitamin E: 0.35mg (2.34%), Zinc: 0.35mg (2.31%), Selenium: 1.57µg (2.24%), Vitamin B1: 0.03mg (2.07%), Copper: 0.04mg (2.03%), Manganese: 0.04mg (1.99%), Magnesium: 7.7mg (1.92%), Vitamin B5: 0.18mg (1.85%)