





## Greek Pasta Salad

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



60 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup olives black chopped
- 1 cucumber coarsely chopped
- 1 teaspoon basil dried
- 1 teaspoon garlic salt
- 1 bell pepper green chopped
- 1 teaspoon ground pepper black
- 1 teaspoon juice of lemon
- 16 ounce penne pasta

- 1 onion sweet chopped
- 2 tomatoes chopped
- 0.3 cup vegetable oil

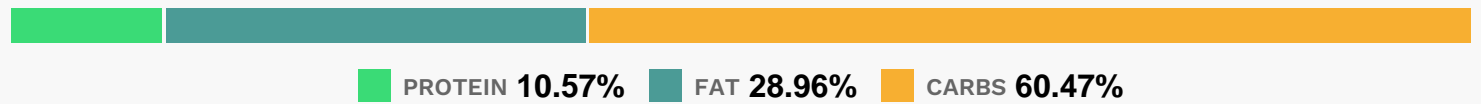
## Equipment

- bowl
- pot

## Directions

- Cook pasta in a large pot of boiling water until al dente.
- Drain, and rinse in cold water.
- In a small bowl, mix together oil, lemon juice, basil, garlic salt, and black pepper.
- In a large bowl, combine pasta, tomatoes, green pepper, onion, cucumber, and black olives.
- Add dressing, and toss to coat. Chill in the refrigerator for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:17.49, Inflammation Score:-6, Nutrition Score:11.76652163008%

## Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

## Nutrients (% of daily need)

Calories: 322.35kcal (16.12%), Fat: 10.45g (16.07%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 49.07g (16.36%), Net Carbohydrates: 45.33g (16.48%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 563.53mg (24.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Selenium: 36.25µg (51.78%), Manganese: 0.68mg

(33.85%), Vitamin C: 19.6mg (23.76%), Vitamin K: 21.73µg (20.69%), Fiber: 3.74g (14.96%), Phosphorus: 138.02mg (13.8%), Copper: 0.27mg (13.41%), Magnesium: 46.36mg (11.59%), Vitamin B6: 0.22mg (10.96%), Vitamin E: 1.52mg (10.13%), Potassium: 339.99mg (9.71%), Vitamin A: 407.25IU (8.15%), Folate: 32.13µg (8.03%), Iron: 1.28mg (7.14%), Vitamin B1: 0.1mg (6.9%), Zinc: 1.01mg (6.72%), Vitamin B3: 1.34mg (6.68%), Calcium: 42.89mg (4.29%), Vitamin B5: 0.43mg (4.26%), Vitamin B2: 0.06mg (3.82%)