



## Greek Pasta Salad

READY IN



25 min.

SERVINGS



12

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 9 oz rotini pasta uncooked
- 1 large bell pepper green cut into strips
- 1 large bell pepper yellow cut into strips
- 14 oz artichoke hearts drained cut into quarters canned
- 4 oz feta cheese crumbled (1 cup)
- 0.7 cup kalamata olives pitted
- 0.5 cup sun-dried olives drained chopped
- 1 cup salad dressing italian
- 0.3 teaspoon pepper

1 serving parsley fresh chopped

## Equipment

bowl

## Directions

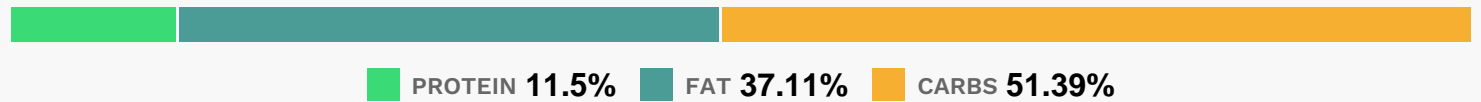
Cook and drain pasta as directed on package. Rinse with cold water; drain.

In very large (4-quart) bowl, mix remaining ingredients except parsley.

Add pasta; toss.

Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:14.42, Glycemic Load:7.13, Inflammation Score:-4, Nutrition Score:9.3030434276747%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 188.4kcal (9.42%), Fat: 7.83g (12.04%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22g (8%), Sugar: 5.03g (5.59%), Cholesterol: 8.41mg (2.8%), Sodium: 548.41mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Vitamin C: 41.75mg (50.6%), Selenium: 15.62µg (22.31%), Vitamin K: 19.78µg (18.84%), Manganese: 0.33mg (16.45%), Phosphorus: 98.3mg (9.83%), Fiber: 2.39g (9.58%), Copper: 0.17mg (8.45%), Potassium: 289.26mg (8.26%), Vitamin B6: 0.16mg (7.87%), Vitamin B2: 0.12mg (7.27%), Magnesium: 27.22mg (6.81%), Calcium: 66.26mg (6.63%), Vitamin B3: 1.12mg (5.61%), Iron: 0.98mg (5.47%), Vitamin E: 0.81mg (5.39%), Vitamin B1: 0.08mg (5.06%), Zinc: 0.73mg (4.85%), Vitamin A: 226.34IU (4.53%), Folate: 16.1µg (4.03%), Vitamin B5: 0.32mg (3.22%), Vitamin B12: 0.16µg (2.66%)