



Greek Pasta Salad

READY IN



25 min.

SERVINGS



12

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

1 large bell pepper yellow cut into strips

Equipment

bowl

Directions

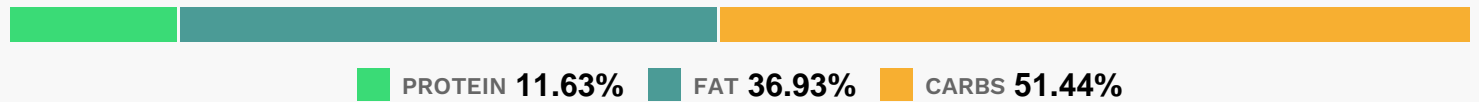
Cook and drain pasta as directed on package. Rinse with cold water; drain.

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:7.16, Inflammation Score:-6, Nutrition Score:12.617391347885%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 189.72kcal (9.49%), Fat: 7.86g (12.09%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 22.11g (8.04%), Sugar: 5.06g (5.63%), Cholesterol: 8.41mg (2.8%), Sodium: 550.46mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Vitamin K: 79.91µg (76.11%), Vitamin C: 46.63mg (56.52%), Selenium: 15.62µg (22.31%), Manganese: 0.33mg (16.74%), Vitamin A: 535.22IU (10.7%), Fiber: 2.52g (10.06%), Phosphorus: 100.42mg (10.04%), Potassium: 309.57mg (8.84%), Copper: 0.17mg (8.72%), Vitamin B6: 0.16mg (8.04%), Vitamin B2: 0.13mg (7.48%), Magnesium: 29.06mg (7.26%), Calcium: 71.32mg (7.13%), Iron: 1.21mg (6.73%), Vitamin B3: 1.17mg (5.85%), Vitamin E: 0.84mg (5.58%), Folate: 21.68µg (5.42%), Vitamin B1: 0.08mg (5.27%), Zinc: 0.77mg (5.12%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.16µg (2.66%)