



Greek Pasta Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tuna steak (3/)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 cherry tomatoes halved
- ☐ 1.5 cups cucumber peeled sliced
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 3 cups farfalle pasta uncooked (bow tie pasta)
- ☐ 3 ounces feta cheese with peppercorns crumbled
- ☐ 0.3 cup kalamata olives sliced

- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup onion red coarsely chopped
- ☐ 0.1 teaspoon salt

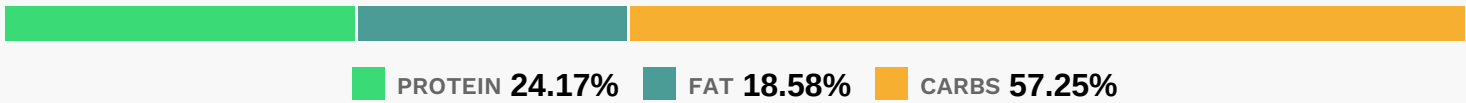
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ To prepare salad, cook pasta according to package directions, omitting salt and fat.
- ☐ Drain and rinse under cold water.
- ☐ Drain; place in a large bowl.
- ☐ Heat a large grill pan coated with cooking spray over high heat.
- ☐ Sprinkle tuna with 1/8 teaspoon salt.
- ☐ Add tuna; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan; cool slightly.
- ☐ Cut tuna into 1-inch pieces.
- ☐ Add tuna, cucumber, and next 5 ingredients (cucumber through tomatoes) to pasta.
- ☐ To prepare dressing, combine lemon juice and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over salad, and toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:16.48, Inflammation Score:-9, Nutrition Score:29.793913136358%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 356.04kcal (17.8%), Fat: 7.65g (11.77%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 53.06g (17.69%), Net Carbohydrates: 44.79g (16.29%), Sugar: 4.17g (4.63%), Cholesterol: 21.55mg (7.18%), Sodium: 240.71mg (10.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Manganese: 3.28mg (163.92%), Vitamin B12: 5.35µg (89.11%), Selenium: 50.65µg (72.36%), Vitamin K: 44.55µg (42.42%), Vitamin A: 1682.81IU (33.66%), Fiber: 8.26g (33.06%), Vitamin B3: 6.27mg (31.37%), Phosphorus: 292.81mg (29.28%), Copper: 0.56mg (27.83%), Magnesium: 103.54mg (25.89%), Vitamin C: 19.88mg (24.09%), Vitamin B6: 0.48mg (23.83%), Iron: 3.97mg (22.04%), Vitamin D: 3.23µg (21.55%), Potassium: 746.66mg (21.33%), Vitamin B1: 0.25mg (16.33%), Vitamin B2: 0.24mg (14.1%), Calcium: 136.98mg (13.7%), Vitamin B5: 1.32mg (13.15%), Vitamin E: 1.87mg (12.43%), Zinc: 1.43mg (9.51%), Folate: 32.87µg (8.22%)