

Greek Pasta Salad

 Vegetarian

READY IN



210 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 10 cherry tomatoes halved
- ☐ 0.5 cucumber sliced
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 cloves garlic crushed
- ☐ 1 bell pepper green chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.7 cup olive oil extra-virgin

- ☐ 2 teaspoons oregano dried
- ☐ 2 cups penne pasta
- ☐ 1 bell pepper red chopped
- ☐ 1 small onion red chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper to taste

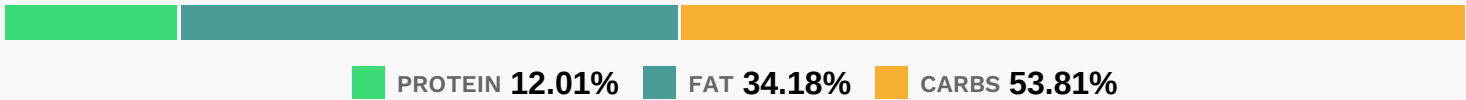
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ colander

Directions

- ☐ Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the penne, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 11 minutes. Rinse with cold water and drain well in a colander set in the sink.
- ☐ Whisk together the vinegar, lemon juice, garlic, oregano, salt, pepper, and olive oil. Set aside.
- ☐ Combine pasta, tomatoes, onion, green and red peppers, cucumber, olives, and feta cheese in a large bowl.
- ☐ Pour vinaigrette over the pasta and mix together. Cover and chill for 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:9.17, Inflammation Score:-8, Nutrition Score:10.001739180606%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 195.94kcal (9.8%), Fat: 7.5g (11.54%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 26.56g (8.85%), Net Carbohydrates: 24.07g (8.75%), Sugar: 3.22g (3.58%), Cholesterol: 8.34mg (2.78%), Sodium: 439.22mg (19.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Vitamin C: 38.47mg (46.63%), Selenium: 19.6µg (28%), Manganese: 0.39mg (19.54%), Vitamin A: 719.87IU (14.4%), Vitamin B6: 0.22mg (10.86%), Phosphorus: 108.44mg (10.84%), Fiber: 2.49g (9.97%), Vitamin E: 1.4mg (9.33%), Vitamin K: 9.43µg (8.98%), Calcium: 77.23mg (7.72%), Vitamin B2: 0.13mg (7.66%), Copper: 0.15mg (7.4%), Magnesium: 28.38mg (7.09%), Potassium: 235.62mg (6.73%), Folate: 26.23µg (6.56%), Iron: 1.05mg (5.84%), Zinc: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.38%), Vitamin B3: 0.97mg (4.87%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.16µg (2.64%)