



WHATSheATE



Greek Pasta Salad III

READY IN



140 min.

SERVINGS



10

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce olives black chopped canned
- ☐ 15 cherry tomatoes halved
- ☐ 1.5 teaspoons basil leaves dried
- ☐ 0.8 cup feta cheese crumbled
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 cup green onions chopped
- ☐ 3 cups mushrooms sliced
- ☐ 0.5 cup olive oil
- ☐ 1.5 teaspoons oregano dried

- ☐ 0.5 cup red wine vinegar
- ☐ 8 ounces rotini pasta

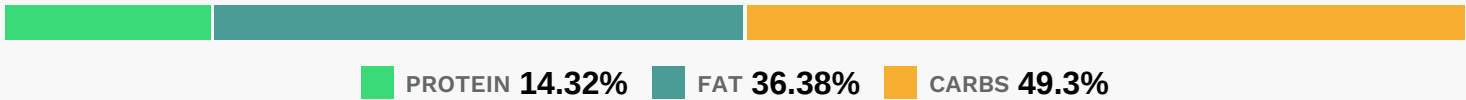
Equipment

- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add rotini pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Mix together cooked pasta, olive oil, vinegar, garlic powder, basil, oregano, mushrooms, tomatoes, Feta cheese, green onions and olives. Cover and chill for at least 2 hours, serve cold.

Nutrition Facts



Properties

Glycemic Index:14.3, Glycemic Load:7.23, Inflammation Score:-5, Nutrition Score:8.4708696215049%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 166.92kcal (8.35%), Fat: 6.81g (10.48%), Saturated Fat: 2.12g (13.23%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 18.85g (6.86%), Sugar: 2.01g (2.24%), Cholesterol: 10.01mg (3.34%), Sodium: 313.02mg (13.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Selenium: 19.08µg (27.26%), Vitamin K: 17.19µg (16.37%), Manganese: 0.3mg (14.95%), Vitamin B2: 0.24mg (14.04%), Phosphorus: 118.66mg (11.87%), Copper: 0.21mg (10.31%), Vitamin C: 7.43mg (9.01%), Vitamin B3: 1.75mg (8.75%), Calcium: 82.64mg (8.26%), Fiber: 1.92g (7.68%), Vitamin B6: 0.15mg (7.46%), Vitamin E: 1.04mg (6.9%), Potassium: 241.06mg (6.89%), Vitamin B5: 0.68mg (6.84%), Iron: 1.15mg (6.4%), Magnesium: 23.99mg (6%), Zinc: 0.89mg (5.93%), Vitamin A: 272.8IU (5.46%), Folate: 20.82µg (5.21%), Vitamin B1: 0.08mg (5.2%), Vitamin B12: 0.2µg (3.36%)