



## Greek-Style Pasta Salad

READY IN



30 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.7 cup olive oil extra virgin extra-virgin
- 0.3 cup red wine vinegar
- 2 tablespoons parmesan cheese grated
- 1 teaspoon oregano dried fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper black
- 1 clove garlic finely chopped
- 8 oz rotini pasta uncooked
- 4 oz genoa salami hard quartered

- 1 medium cucumber seeded cut into chunks (1 1/4 cups)
- 1 small bell pepper green cut into thin bite-sized strips
- 1 small bell pepper red cut into thin bite-sized strips
- 2 medium tomatoes cut into wedges, then cut in half
- 0.5 cup greek olives sliced
- 0.3 cup basil dried fresh sliced
- 1.5 cups feta cheese crumbled

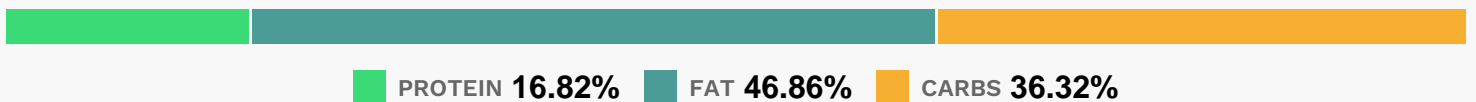
## Equipment

- food processor
- bowl
- blender

## Directions

- In blender or food processor bowl, place all dressing ingredients. Cover; blend on medium speed about 20 seconds or until smooth; set aside.
- Cook and drain pasta as directed on package. Rinse with cold water to cool; drain.
- In 4-quart bowl, place pasta and remaining salad ingredients.
- Add dressing; toss gently.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:25.9, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:20.08173925462%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 13.57g (20.87%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 19.66g (7.15%), Sugar: 2.17g (2.41%), Cholesterol: 29.85mg (9.95%), Sodium: 760.51mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.91%), Vitamin K: 109.31µg (104.11%), Manganese: 0.89mg (44.36%), Iron: 6.23mg (34.63%), Selenium: 21.26µg (30.37%), Calcium: 272.95mg (27.3%), Vitamin C: 19.61mg (23.77%), Vitamin B2: 0.34mg (19.73%), Phosphorus: 182.31mg (18.23%), Magnesium: 69.62mg (17.41%), Vitamin B6: 0.35mg (17.31%), Fiber: 4g (16%), Zinc: 2.03mg (13.5%), Vitamin A: 656.3IU (13.13%), Copper: 0.26mg (13.1%), Vitamin B1: 0.19mg (12.77%), Vitamin B12: 0.71µg (11.85%), Vitamin E: 1.7mg (11.31%), Potassium: 388.59mg (11.1%), Folate: 41.25µg (10.31%), Vitamin B3: 1.82mg (9.12%), Vitamin B5: 0.6mg (5.95%)