



Greek Tossed Pasta Salad

READY IN



25 min.

SERVINGS



10

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 box ranch & bacon pasta salad mix betty suddenly salad®
- 1 serving cooking oil for on salad mix box
- 4 cups the of 1 cos lettuce
- 1.5 cups tomatoes coarsely chopped
- 1 cup cucumber coarsely chopped
- 0.5 cup onion red thinly sliced cut in half
- 2.3 oz olives ripe drained sliced canned
- 1 cup feta cheese crumbled

Equipment

bowl

Directions

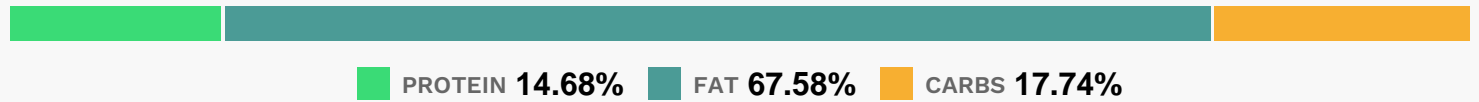
Make pasta as directed on box.

In large bowl, stir together seasoning mix, water and oil. Stir in pasta and remaining ingredients except cheese.

Sprinkle with cheese.

Serve immediately, or refrigerate.

Nutrition Facts



Properties

Glycemic Index:10.7, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:6.5195652414923%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 73.74kcal (3.69%), Fat: 5.73g (8.82%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 2.28g (0.83%), Sugar: 1.37g (1.53%), Cholesterol: 13.35mg (4.45%), Sodium: 275.16mg (11.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 1922.53IU (38.45%), Vitamin K: 23.38µg (22.27%), Folate: 37.49µg (9.37%), Calcium: 89.45mg (8.94%), Vitamin B2: 0.15mg (8.79%), Phosphorus: 66.92mg (6.69%), Vitamin C: 4.83mg (5.86%), Vitamin B6: 0.11mg (5.69%), Vitamin E: 0.67mg (4.44%), Fiber: 1.11g (4.43%), Vitamin B12: 0.25µg (4.23%), Potassium: 141.4mg (4.04%), Manganese: 0.08mg (3.94%), Zinc: 0.55mg (3.68%), Vitamin B1: 0.05mg (3.6%), Selenium: 2.44µg (3.48%), Magnesium: 11.04mg (2.76%), Copper: 0.05mg (2.36%), Vitamin B5: 0.23mg (2.35%), Iron: 0.42mg (2.33%), Vitamin B3: 0.37mg (1.85%)