



WHATSheATE



Greek Vegetable Rotini Salad

READY IN



15 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

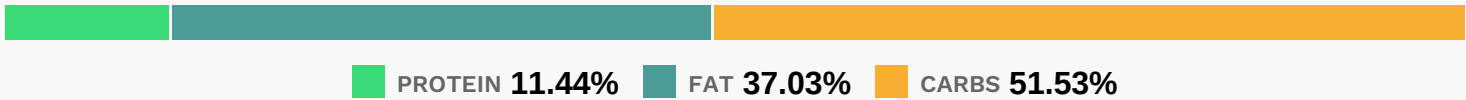
- ☐ 3 tablespoons balsamic vinaigrette fat-free
- ☐ 1.3 ounces feta cheese crumbled
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.7 cup bell pepper green thinly sliced (1 small)
- ☐ 12 kalamata olives
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup onion red finely chopped
- ☐ 4 ounces rotini pasta uncooked (2 cups pasta)
- ☐ 1.3 cups tomatoes seeded chopped (1 large)

Equipment

Directions

- ☐
- Cook pasta according to package directions, omitting salt and fat; drain. Rinse pasta under cold water; drain and set aside.
- ☐
- Combine tomato, onion, and bell pepper; add to pasta. Stir in olives and next 3 ingredients.
- ☐
- Add vinaigrette, and toss gently to coat. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:6.28, Inflammation Score:-5, Nutrition Score:6.0217390649992%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 138.21kcal (6.91%), Fat: 5.72g (8.8%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 16.22g (5.9%), Sugar: 2.35g (2.61%), Cholesterol: 5.61mg (1.87%), Sodium: 267.71mg (11.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin C: 18.46mg (22.38%), Selenium: 13µg (18.57%), Manganese: 0.26mg (12.99%), Vitamin A: 430.85IU (8.62%), Phosphorus: 70.97mg (7.1%), Fiber: 1.69g (6.77%), Vitamin K: 7.01µg (6.68%), Vitamin B6: 0.13mg (6.44%), Copper: 0.1mg (5.15%), Potassium: 169.67mg (4.85%), Calcium: 47.99mg (4.8%), Magnesium: 18.63mg (4.66%), Vitamin B2: 0.08mg (4.61%), Vitamin E: 0.58mg (3.9%), Zinc: 0.55mg (3.64%), Vitamin B1: 0.05mg (3.56%), Folate: 14.01µg (3.5%), Vitamin B3: 0.69mg (3.47%), Iron: 0.51mg (2.86%), Vitamin B5: 0.2mg (2.01%), Vitamin B12: 0.11µg (1.77%)