



Grilled Veggie-Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



3

CALORIES



701 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup salad dressing italian
- 4 cups savory vegetable fresh
- 12 ounces farfalle pasta (bow-tie)

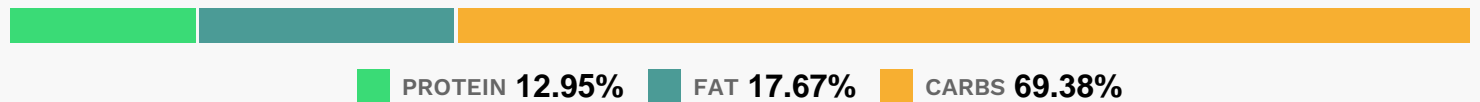
Equipment

- grill
- skewers
- metal skewers

Directions

- Pour 1/3 cup of the dressing over vegetables. Cover and refrigerate 1 hour.
- Heat coals or gas grill for direct heat.
- Drain vegetables, reserving marinade. Thread vegetables on each of eight 10-inch metal skewers.
- Brush with marinade. Cover and grill vegetables 4 to 6 inches from medium heat 15 to 20 minutes, turning and brushing twice with marinade, until crisp-tender.
- While vegetables are grilling, cook and drain pasta as directed on package.
- Remove vegetables from skewers. Toss vegetables, pasta and remaining 1/3 cup dressing, adding additional dressing if desired.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:44.37, Inflammation Score:-10, Nutrition Score:30.071739279706%

Nutrients (% of daily need)

Calories: 701.35kcal (35.07%), Fat: 13.99g (21.53%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 123.66g (41.22%), Net Carbohydrates: 110.32g (40.12%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 639.42mg (27.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.08g (46.16%), Vitamin A: 12341.41IU (246.83%), Selenium: 73.68µg (105.26%), Manganese: 1.65mg (82.41%), Fiber: 13.34g (53.34%), Phosphorus: 365.33mg (36.53%), Vitamin C: 25.45mg (30.84%), Magnesium: 120.95mg (30.24%), Copper: 0.56mg (28.17%), Vitamin K: 29.36µg (27.96%), Vitamin B1: 0.41mg (27.24%), Vitamin B3: 5.03mg (25.17%), Potassium: 811.2mg (23.18%), Folate: 90.79µg (22.7%), Iron: 3.92mg (21.75%), Vitamin B6: 0.43mg (21.37%), Zinc: 2.73mg (18.18%), Vitamin B2: 0.27mg (16.14%), Calcium: 91.27mg (9.13%), Vitamin B5: 0.88mg (8.84%), Vitamin E: 1.27mg (8.46%)