



 **88%**  
HEALTH SCORE

## Grilled Veggie-Pasta Salad

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



95 min.

SERVINGS



1

CALORIES



2104 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

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

### 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:87, Glycemic Load:133.11, Inflammation Score:-10, Nutrition Score:63.394347232321%

## Nutrients (% of daily need)

Calories: 2104.04kcal (105.2%), Fat: 41.98g (64.58%), Saturated Fat: 6.28g (39.23%), Carbohydrates: 370.97g (123.66%), Net Carbohydrates: 330.96g (120.35%), Sugar: 26g (28.89%), Cholesterol: 0mg (0%), Sodium: 1918.27mg (83.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.25g (138.49%), Vitamin A: 37024.24IU (740.48%), Selenium: 221.05µg (315.78%), Manganese: 4.94mg (247.22%), Fiber: 40.01g (160.02%), Phosphorus: 1095.99mg (109.6%), Vitamin C: 76.34mg (92.53%), Magnesium: 362.86mg (90.71%), Copper: 1.69mg (84.5%), Vitamin K: 88.07µg (83.88%), Vitamin B1: 1.23mg (81.71%), Vitamin B3: 15.1mg (75.52%), Potassium: 2433.59mg (69.53%), Folate: 272.36µg (68.09%), Iron: 11.75mg (65.25%), Vitamin B6: 1.28mg (64.11%), Zinc: 8.18mg (54.55%), Vitamin B2: 0.82mg (48.41%), Calcium: 273.81mg (27.38%), Vitamin B5: 2.65mg (26.53%), Vitamin E: 3.81mg (25.37%)