



Gruyere and Mushroom Pasta Salad

READY IN



145 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup arugula
- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 1.3 cups fusilli pasta
- ☐ 3 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 cup gruyère cheese shredded
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup onion diced red

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 teaspoon salt

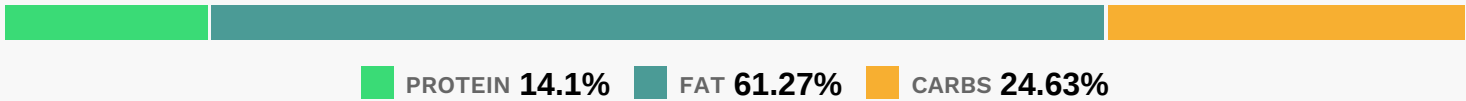
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook fusilli pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 12 minutes.
- ☐ Drain and rinse under cold water.
- ☐ Whisk olive oil, vinegar, dill, garlic, salt, and black pepper together in a bowl.
- ☐ Combine cooked pasta, mushrooms, arugula, Gruyere cheese, and onion together in a large bowl.
- ☐ Pour dressing over pasta mixture; toss to coat. Cover bowl with plastic wrap and refrigerate pasta salad at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:6.3, Inflammation Score:-5, Nutrition Score:10.099130423173%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 321.14kcal (16.06%), Fat: 22.01g (33.87%), Saturated Fat: 6.63g (41.44%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 17.44g (6.34%), Sugar: 2.89g (3.21%), Cholesterol: 27.23mg (9.07%), Sodium: 568.3mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.4g (22.8%), Calcium: 278.91mg (27.89%), Selenium: 18.2µg (26.01%), Phosphorus: 235.96mg (23.6%), Manganese: 0.33mg (16.5%), Vitamin K: 14.59µg (13.89%), Vitamin E: 2.07mg (13.79%), Zinc: 1.73mg (11.53%), Copper: 0.22mg (10.86%), Fiber: 2.46g (9.86%), Magnesium: 33.19mg (8.3%), Vitamin B5: 0.74mg (7.42%), Vitamin A: 370IU (7.4%), Vitamin B6: 0.14mg (6.88%), Vitamin B12: 0.4µg (6.6%), Vitamin B3: 1.31mg (6.53%), Vitamin B1: 0.1mg (6.4%), Vitamin B2: 0.11mg (6.19%), Iron: 1.06mg (5.87%), Potassium: 200.8mg (5.74%), Folate: 21.69µg (5.42%), Vitamin C: 3.18mg (3.85%), Vitamin D: 0.26µg (1.75%)