



Italian Herb Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups cucumber coarsely chopped
- 16 ounces rotini pasta
- 8 ounces tomato sauce canned
- 1 cup salad dressing italian
- 1 tablespoon basil dried fresh chopped
- 1 tablespoon oregano dried fresh chopped
- 2 cups cherry tomatoes cut in half
- 0.5 medium onion red separated cut into thin wedges and (1/2 cup)

3 ounces mushrooms sliced

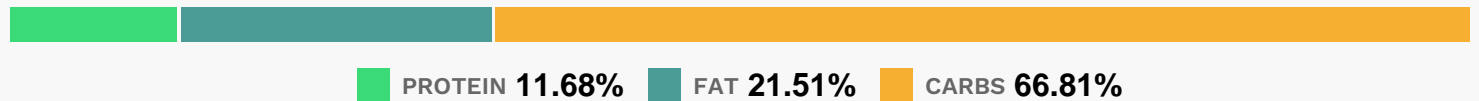
Equipment

bowl

Directions

- Cook and drain pasta as directed on package. Rinse with cold water; drain.
- Mix tomato sauce, dressing, basil and oregano in large glass or plastic bowl.
- Add pasta and remaining ingredients; toss. Cover and refrigerate about 2 hours until chilled but no longer than 24 hours.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:8.4213042837446%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 4.87g (7.5%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 31.82g (11.57%), Sugar: 5g (5.56%), Cholesterol: 0mg (0%), Sodium: 290.27mg (12.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Selenium: 25.25µg (36.07%), Manganese: 0.47mg (23.69%), Vitamin K: 21.75µg (20.71%), Copper: 0.2mg (9.95%), Phosphorus: 98.88mg (9.89%), Vitamin C: 8.1mg (9.81%), Fiber: 2.23g (8.94%), Magnesium: 32.67mg (8.17%), Iron: 1.43mg (7.93%), Potassium: 276.87mg (7.91%), Vitamin B6: 0.13mg (6.73%), Vitamin E: 1mg (6.67%), Vitamin B3: 1.29mg (6.45%), Zinc: 0.73mg (4.87%), Vitamin B2: 0.08mg (4.74%), Vitamin A: 231.95IU (4.64%), Folate: 18.16µg (4.54%), Vitamin B1: 0.07mg (4.36%), Vitamin B5: 0.41mg (4.12%), Calcium: 33.58mg (3.36%)