



Italian Herb Pasta Salad

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

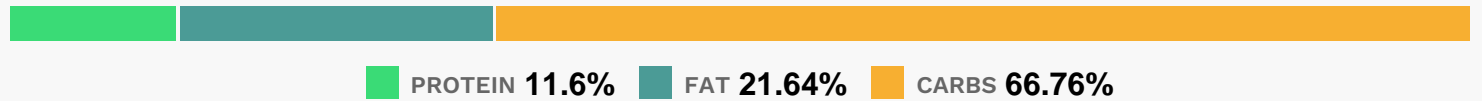
Equipment

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:13.42, Glycemic Load:11.85, Inflammation Score:-4, Nutrition Score:7.5295652884828%

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: 201.63kcal (10.08%), Fat: 4.84g (7.45%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 33.61g (11.2%), Net Carbohydrates: 31.68g (11.52%), Sugar: 4.98g (5.53%), Cholesterol: 0mg (0%), Sodium: 289.92mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Selenium: 25.22µg (36.02%), Manganese: 0.42mg (21.02%), Vitamin K: 13.44µg (12.8%), Vitamin C: 8.08mg (9.8%), Phosphorus: 97.35mg (9.74%), Copper: 0.19mg (9.47%), Fiber: 1.93g (7.73%), Potassium: 262.85mg (7.51%), Magnesium: 29.17mg (7.29%), Vitamin B6: 0.13mg (6.28%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.89mg (5.92%), Iron: 0.97mg (5.41%), Zinc: 0.7mg (4.64%), Vitamin A: 222.38IU (4.45%), Vitamin B2: 0.07mg (4.37%), Vitamin B1: 0.06mg (4.29%), Vitamin B5: 0.41mg (4.05%), Folate: 16.14µg (4.03%), Calcium: 19.46mg (1.95%)