



Italian Pasta Salad

READY IN



90 min.

SERVINGS



24

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup artichoke hearts
- 0.3 cup olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons basil finely chopped
- 1 tablespoon flat parsley italian finely chopped
- 2 teaspoons dijon mustard
- 0.3 teaspoon salt
- 0.5 teaspoon pepper
- 12 oz rotini pasta

- 12 oz marinated artichoke drained
- 8 oz mozzarella cheese cut into 1/2 inch cubes
- 2 cups cucumber english seedless chopped ()
- 2 cups cherry tomatoes cut in half
- 1 cup onion red finely chopped
- 1 cup radishes sliced
- 0.3 cup celery chopped
- 0.3 cup olive green sliced
- 0.3 cup spring onion sliced

Equipment

- bowl

Directions

- In small jar with tight-fitting lid, shake dressing ingredients.
- Cook pasta as directed on package; drain. Rinse with cold water to cool; drain well.
- In large bowl, stir together remaining salad ingredients with pasta.
- Pour dressing over top; toss gently to coat. Refrigerate at least 1 hour before serving.

Nutrition Facts

■ PROTEIN **14.03%** ■ FAT **43.57%** ■ CARBS **42.4%**

Properties

Glycemic Index:14.92, Glycemic Load:4.51, Inflammation Score:-3, Nutrition Score:4.5408695625222%

Flavonoids

Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 128.61kcal (6.43%), Fat: 6.2g (9.53%), Saturated Fat: 1.78g (11.15%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 12.28g (4.46%), Sugar: 1.55g (1.72%), Cholesterol: 7.47mg (2.49%), Sodium: 197.6mg (8.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Selenium: 10.89µg (15.56%), Vitamin C: 7.76mg (9.4%), Vitamin K: 9.54µg (9.08%), Manganese: 0.18mg (8.88%), Phosphorus: 70.3mg (7.03%), Vitamin A: 323.33IU (6.47%), Calcium: 62.4mg (6.24%), Fiber: 1.29g (5.16%), Zinc: 0.55mg (3.66%), Vitamin B12: 0.22µg (3.59%), Magnesium: 13.88mg (3.47%), Vitamin E: 0.52mg (3.44%), Copper: 0.07mg (3.27%), Potassium: 110.01mg (3.14%), Iron: 0.54mg (3%), Vitamin B2: 0.05mg (2.76%), Vitamin B6: 0.05mg (2.57%), Folate: 9.54µg (2.38%), Vitamin B1: 0.03mg (1.89%), Vitamin B3: 0.37mg (1.83%), Vitamin B5: 0.14mg (1.37%)