



Italian Pasta Salad

READY IN



20 min.

SERVINGS



6

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 oz .5 oz. macaroni (2 cups)
- 2 cups yogurt plain fat free yoplait® (from 2-lb container)
- 0.8 teaspoon garlic salt
- 1.5 teaspoons seasoning italian
- 0.5 cup olives ripe sliced
- 0.5 cup onion finely chopped
- 0.3 cup parmesan cheese grated
- 2 medium tomatoes cut into 1/4-inch slices (1 1/2 cups)
- 1 medium zucchini cut into 1/4-inch slices (2 cups)

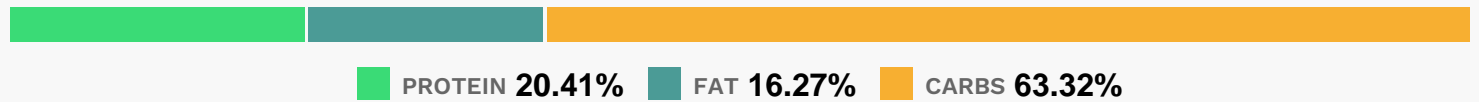
Equipment

bowl

Directions

- Cook, drain and rinse macaroni as directed on package.
- In large bowl, mix yogurt, cheese, Italian seasoning, garlic salt and onion. Stir in macaroni.
- Add remaining ingredients; toss. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:12.127826003925%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 227.73kcal (11.39%), Fat: 4.14g (6.38%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.6g (12.22%), Sugar: 9.7g (10.78%), Cholesterol: 6.47mg (2.16%), Sodium: 633.6mg (27.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Selenium: 26.04µg (37.21%), Phosphorus: 253.26mg (25.33%), Calcium: 244.98mg (24.5%), Manganese: 0.46mg (22.98%), Vitamin B2: 0.28mg (16.21%), Vitamin C: 13.2mg (16%), Potassium: 505.21mg (14.43%), Magnesium: 49.31mg (12.33%), Zinc: 1.71mg (11.43%), Fiber: 2.69g (10.75%), Vitamin B6: 0.21mg (10.28%), Vitamin A: 513.62IU (10.27%), Vitamin B12: 0.57µg (9.55%), Copper: 0.17mg (8.68%), Folate: 34.13µg (8.53%), Vitamin B5: 0.81mg (8.11%), Vitamin K: 8.25µg (7.86%), Vitamin B1: 0.11mg (7.31%), Iron: 1.03mg (5.72%), Vitamin E: 0.85mg (5.65%), Vitamin B3: 1.12mg (5.62%)