



Italian Pasta Veggie Salad

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 ounces fusilli pasta
- ☐ 1 bell pepper green chopped
- ☐ 1 cup mushrooms chopped
- ☐ 1 onion chopped
- ☐ 0.8 cup dressing fat free italian-style
- ☐ 2 tomatoes chopped

Equipment

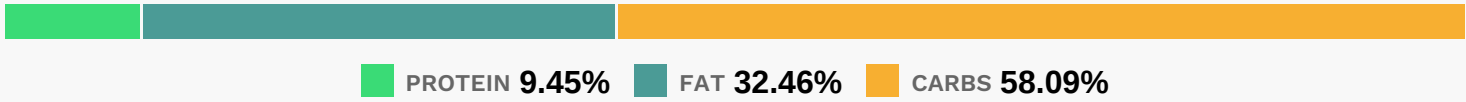
- ☐ bowl

☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ In a large bowl, combine the pasta, onion, bell pepper, tomatoes and mushrooms.
- ☐ Pour enough dressing over to coat; toss and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:11.37, Inflammation Score:-5, Nutrition Score:8.4604347931302%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 242.81kcal (12.14%), Fat: 8.76g (13.48%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 33.16g (12.06%), Sugar: 7.9g (8.78%), Cholesterol: 9.61mg (3.2%), Sodium: 204.48mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.48%), Selenium: 24.71µg (35.29%), Manganese: 0.43mg (21.34%), Vitamin C: 17.58mg (21.31%), Vitamin K: 19.11µg (18.2%), Phosphorus: 101.48mg (10.15%), Copper: 0.18mg (8.91%), Fiber: 2.11g (8.44%), Potassium: 244.37mg (6.98%), Vitamin B6: 0.14mg (6.94%), Magnesium: 26.81mg (6.7%), Vitamin B3: 1.32mg (6.6%), Vitamin E: 0.99mg (6.57%), Vitamin A: 326.23IU (6.52%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.08mg (5.05%), Zinc: 0.69mg (4.63%), Folate: 18.07µg (4.52%), Iron: 0.76mg (4.22%), Vitamin B5: 0.42mg (4.22%), Calcium: 17.64mg (1.76%)