



Italian Tomato Pasta Salad

READY IN



15 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce angel hair pasta
- 0.5 cup 1/2 cup zesty italian dressing italian
- 0.3 cup parmesan cheese grated
- 2 tomatoes chopped

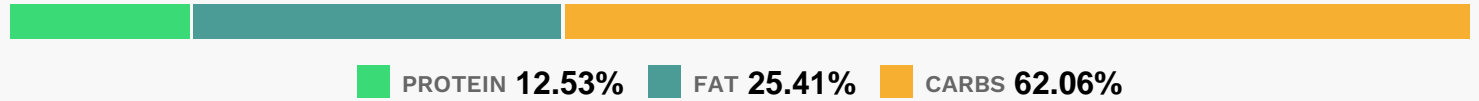
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 4 to 5 minutes or until al dente; drain and place into a large serving bowl. Toss with dressing and tomatoes. Top with Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:11.77, Inflammation Score:-4, Nutrition Score:7.1291304496319%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 212.16kcal (10.61%), Fat: 5.95g (9.16%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 31g (11.27%), Sugar: 4.21g (4.67%), Cholesterol: 3.63mg (1.21%), Sodium: 271.7mg (11.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Selenium: 25.74µg (36.77%), Manganese: 0.4mg (20.15%), Vitamin K: 14.31µg (13.63%), Phosphorus: 110.64mg (11.06%), Vitamin A: 384.62IU (7.69%), Copper: 0.14mg (6.94%), Vitamin C: 5.7mg (6.9%), Fiber: 1.7g (6.81%), Magnesium: 26.98mg (6.75%), Potassium: 205.58mg (5.87%), Zinc: 0.8mg (5.31%), Calcium: 51.42mg (5.14%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.71mg (4.75%), Vitamin B3: 0.92mg (4.58%), Iron: 0.67mg (3.73%), Vitamin B1: 0.05mg (3.62%), Folate: 13.2µg (3.3%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.21mg (2.13%)