



Jim's Birthday Pasta Salad



Vegetarian



Vegan



Dairy Free

READY IN



105 min.

SERVINGS



16

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained canned
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 pint cherry tomatoes
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 1 lemon zest
- ☐ 16 ounce penne pasta dry
- ☐ 16 servings salt and pepper to taste

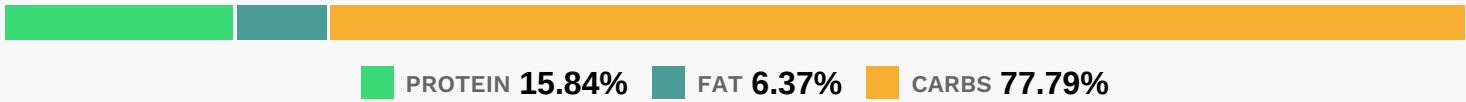
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Place penne pasta in pot, and cook for 10 to 12 minutes, until al dente; drain and cool.
- ☐ In a large bowl, gently toss the cooked penne, garbanzo beans, artichoke hearts, cherry tomatoes, lemon zest, basil leaves, and Italian salad dressing. Season to taste with salt and pepper. Chill at least 1 hour before serving

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:9.49, Inflammation Score:-3, Nutrition Score:6.0886957127115%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 139.85kcal (6.99%), Fat: 0.98g (1.51%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 24.25g (8.82%), Sugar: 1.7g (1.89%), Cholesterol: 0mg (0%), Sodium: 364.25mg (15.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Selenium: 18.6µg (26.57%), Manganese: 0.51mg (25.59%), Fiber: 2.71g (10.84%), Vitamin B6: 0.19mg (9.52%), Vitamin C: 7.3mg (8.85%), Phosphorus: 83.31mg (8.33%), Copper: 0.15mg (7.31%), Magnesium: 25.08mg (6.27%), Iron: 0.91mg (5.05%), Potassium: 167.34mg (4.78%), Zinc: 0.63mg (4.19%), Folate: 15.81µg (3.95%), Vitamin B3: 0.68mg (3.39%), Vitamin A: 161.98IU (3.24%), Vitamin B1: 0.05mg (3%), Vitamin B5: 0.24mg (2.42%), Calcium: 19.57mg (1.96%), Vitamin K: 1.89µg (1.8%), Vitamin B2: 0.03mg (1.65%), Vitamin E: 0.2mg (1.33%)