



Kim's Summer Cucumber Pasta Salad



Vegetarian



Vegan



Dairy Free

READY IN



150 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce bow tie pasta
- ☐ 1 large cucumber thinly sliced
- ☐ 1.5 teaspoons optional: dill dried
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon mustard prepared
- ☐ 1 large onion thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

- ☐ 1 cup water
- ☐ 1 cup sugar white
- ☐ 0.8 cup vinegar white

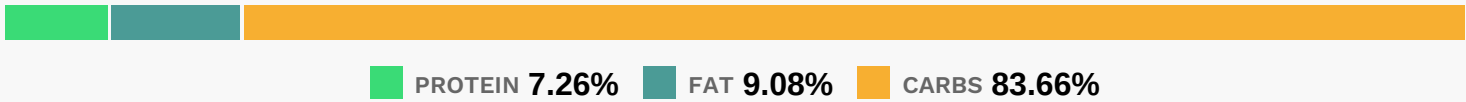
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook the bow tie pasta at a boil, stirring occasionally, until cooked through yet firm to the bite, about 12 minutes.
- ☐ Drain and rinse several times with cold water until pasta is cool.
- ☐ Stir pasta, cucumber, onion, and dill in a salad bowl.
- ☐ Whisk vinegar, sugar, water, vegetable oil, mustard, salt, and black pepper in a separate bowl until sugar and salt have dissolved.
- ☐ Pour dressing over the pasta mixture and toss lightly to coat with dressing.
- ☐ Let chill for 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:26.45, Inflammation Score:-2, Nutrition Score:4.9252174107925%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 234.39kcal (11.72%), Fat: 2.36g (3.63%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 48.87g (16.29%), Net Carbohydrates: 47.26g (17.19%), Sugar: 27.02g (30.02%), Cholesterol: 0mg (0%), Sodium: 171.74mg (7.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Selenium: 18.96µg (27.08%), Manganese: 0.36mg (17.77%), Phosphorus: 70.57mg (7.06%), Fiber: 1.61g (6.43%), Copper: 0.13mg (6.3%), Magnesium: 23.6mg (5.9%), Vitamin K: 5.98µg (5.7%), Potassium: 149.88mg (4.28%), Vitamin B6: 0.09mg (4.27%), Iron: 0.64mg (3.55%), Zinc: 0.52mg (3.46%), Folate: 13.72µg (3.43%), Vitamin B1: 0.05mg (3.3%), Vitamin C: 2.61mg (3.16%), Vitamin B3: 0.53mg (2.67%), Vitamin B5: 0.24mg (2.37%), Calcium: 22.91mg (2.29%), Vitamin B2: 0.04mg (2.21%), Vitamin E: 0.19mg (1.28%)