



 **100%**
HEALTH SCORE

Kosher Pasta Salad Bento Box

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 asparagus
- 1 tbsp balsamic vinegar
- 4 blackberries
- 1 carrots peeled
- 1 cucumber peeled
- 3 chunks wedges honeydew melon (or a combination of both)
- 1 tbsp olive oil
- 0.5 tbsp rice vinegar

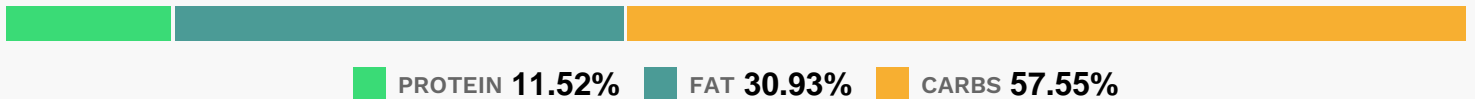
- 1 cup rotini pasta
- 1 serving salt to taste

Equipment

Directions

- Save Recipe
- Print Recipe
- Kosher Pasta Salad Bento Box
- Ingredient Ideas 1 cup tricolor rotini pasta 1 tbsp olive oil 1 tbsp balsamic vinegar 1/2 tsp rice vinegar
- Salt to taste 8 asparagus spears 1 cucumber, peeled 1 carrot, peeled 3-4 chunks cantaloupe or honeydew melon (or a combination of both) 4-5 blackberries, raspberries, or blueberries
- Servings: 1
- Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index: 260.83, Glycemic Load: 22.78, Inflammation Score: -10, Nutrition Score: 30.062608677408%

Flavonoids

Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg, Cyanidin: 8mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg, Isorhamnetin: 7.3mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.31mg, Quercetin: 18.31mg, Quercetin: 18.31mg, Quercetin: 18.31mg

Nutrients (% of daily need)

Calories: 452.91kcal (22.65%), Fat: 15.73g (24.2%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 65.86g (21.95%), Net Carbohydrates: 57g (20.73%), Sugar: 14.07g (15.63%), Cholesterol: 0mg (0%), Sodium: 252.77mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Vitamin A: 11392.96IU (227.86%), Vitamin K: 93.06µg (88.63%), Selenium: 41.32µg (59.02%), Manganese: 1.14mg (56.84%), Fiber: 8.86g (35.46%), Copper: 0.67mg (33.72%), Folate: 133.52µg (33.38%), Potassium: 1033.61mg (29.53%), Vitamin E: 4.12mg (27.43%), Vitamin C: 22.59mg (27.38%), Phosphorus: 269.74mg (26.97%), Iron: 4.61mg (25.64%), Vitamin B1: 0.37mg (24.87%), Magnesium: 96.94mg (24.23%), Vitamin B6: 0.44mg (22.19%), Vitamin B2: 0.33mg (19.37%), Vitamin B5: 1.52mg (15.23%), Vitamin B3: 3.05mg (15.23%), Zinc: 2.25mg (15.02%), Calcium: 112.98mg (11.3%)