

Lemon Mint Pasta Salad

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 ounce farfalle pasta (bow tie)
- 3 tablespoons mint leaves fresh chopped
- 1 bunch spring onion chopped
- 1 teaspoon pepper black
- 12 ounce optional: lemon
- 0.3 cup mayonnaise
- 3 cups grapes red seedless
- 1.5 teaspoons salt

Equipment

bowl

pot

Directions

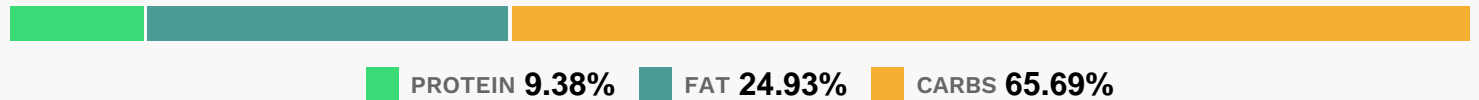
Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 minutes or until al dente; drain but no need to cool.

Transfer to a large bowl.

Add the lemon yogurt, mayonnaise, mint, green onion, grapes, salt and pepper. Stir to coat the pasta evenly and distribute the grapes. This can be served warm or cold, but I prefer it cold during the summer because it makes such a refreshing treat.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:12.04, Inflammation Score:-3, Nutrition Score:6.6230434415781%

Flavonoids

Eriodictyol: 6.44mg, Eriodictyol: 6.44mg, Eriodictyol: 6.44mg, Eriodictyol: 6.44mg Hesperetin: 8.04mg, Hesperetin: 8.04mg, Hesperetin: 8.04mg, Hesperetin: 8.04mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 183.69kcal (9.18%), Fat: 5.25g (8.07%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 31.12g (10.37%), Net Carbohydrates: 28.88g (10.5%), Sugar: 7.4g (8.22%), Cholesterol: 2.61mg (0.87%), Sodium: 333.96mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Selenium: 18.23µg (26.05%), Vitamin C: 17.01mg (20.61%), Vitamin K: 20.09µg (19.14%), Manganese: 0.34mg (16.78%), Fiber: 2.23g (8.94%), Copper: 0.15mg (7.49%), Phosphorus: 68.89mg (6.89%), Potassium: 190.6mg (5.45%), Magnesium: 21.69mg (5.42%), Vitamin B6: 0.1mg (4.96%), Iron: 0.8mg (4.44%), Vitamin B1: 0.07mg (4.39%), Vitamin B2: 0.06mg (3.27%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.62mg (3.07%), Folate: 12.02µg (3.01%), Vitamin E: 0.36mg (2.42%), Calcium: 22.99mg (2.3%), Vitamin

A: 109.15IU (2.18%), Vitamin B5: 0.21mg (2.14%)