



Low-Fat Cucumber Pepper Pasta Salad

READY IN



30 min.

SERVINGS



10

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 banana peppers chopped
- ☐ 1 pound colby cheese cut into cubes
- ☐ 6 large cucumbers diced
- ☐ 2 bell peppers green chopped
- ☐ 4 jalapeño peppers fresh chopped
- ☐ 32 ounce 2 (16 ounce) bottles reduced-fat zesty italian-style salad dressing italian-style reduced-fat
- ☐ 16 ounce tri-color pasta

Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil; cook the pasta at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse the pasta with cold water until cooled; drain.
- ☐ Stir cucumbers, green bell peppers, banana peppers, jalapeno peppers, Colby cheese, and Italian-style salad dressing in a bowl; add cooled pasta and mix until pasta is coated completely with dressing.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:14.12, Inflammation Score:-7, Nutrition Score:20.464782424595%

Flavonoids

Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 677.89kcal (33.89%), Fat: 45.44g (69.91%), Saturated Fat: 13.87g (86.67%), Carbohydrates: 48.11g (16.04%), Net Carbohydrates: 44.66g (16.24%), Sugar: 8.48g (9.42%), Cholesterol: 74.84mg (24.95%), Sodium: 855.83mg (37.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Vitamin K: 157.34µg (149.85%), Selenium: 35.45µg (50.64%), Vitamin C: 35.56mg (43.1%), Phosphorus: 388.73mg (38.87%), Calcium: 352.95mg (35.3%), Manganese: 0.58mg (29.17%), Vitamin A: 905.09IU (18.1%), Zinc: 2.37mg (15.79%), Magnesium: 60.06mg (15.02%), Vitamin B2: 0.25mg (14.86%), Copper: 0.29mg (14.62%), Potassium: 502.75mg (14.36%), Vitamin B6: 0.28mg (14.03%), Fiber: 3.45g (13.8%), Folate: 45.19µg (11.3%), Iron: 1.6mg (8.91%), Vitamin B1: 0.12mg (7.97%), Vitamin B5: 0.75mg (7.48%), Vitamin B12: 0.38µg (6.27%), Vitamin B3: 1.12mg (5.62%), Vitamin E: 0.55mg (3.67%), Vitamin D: 0.27µg (1.81%)