



Marinated Greek-Style Pasta

READY IN



160 min.

SERVINGS



16

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber english thinly sliced into half moons
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.3 cup parsley fresh packed
- ☐ 1 pt grape tomatoes cut in half
- ☐ 0.3 pound olives assorted pitted drained cut in half
- ☐ 16 oz orecchiette
- ☐ 6 pepperoncini peppers cut in half lengthwise
- ☐ 7 oz roasted peppers red drained chopped
- ☐ 0.5 pound genoa salami hard cut into strips

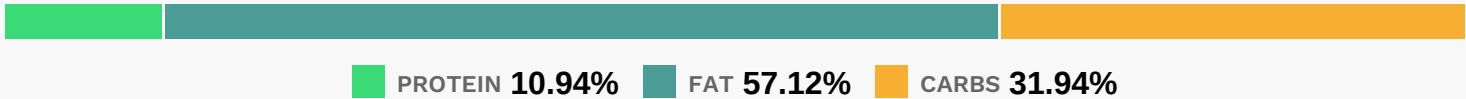
☐ 1.5 cups balsamic vinaigrette salad dressing with feta, divided

Equipment

Directions

- ☐ Cook pasta according to package directions; drain. Rinse with cold running water.
- ☐ Toss together pasta, salami, and next 4 ingredients.
- ☐ Add 1 cup vinaigrette, and toss to coat. Cover and chill 2 to 24 hours.
- ☐ Toss in tomatoes, parsley, and remaining 1/2 cup vinaigrette just before serving.
- ☐ Sprinkle with feta cheese.
- ☐ *Penne pasta may be substituted.

Nutrition Facts



Properties

Glycemic Index:10.44, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:10.722608729549%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 307.47kcal (15.37%), Fat: 19.69g (30.29%), Saturated Fat: 5g (31.27%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 22.91g (8.33%), Sugar: 2.4g (2.66%), Cholesterol: 17.51mg (5.84%), Sodium: 686.12mg (29.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.97%), Vitamin K: 43.02µg (40.97%), Selenium: 23.1µg (33%), Vitamin C: 14.43mg (17.49%), Manganese: 0.34mg (16.9%), Vitamin B1: 0.19mg (12.68%), Phosphorus: 123.78mg (12.38%), Vitamin B6: 0.21mg (10.71%), Vitamin E: 1.59mg (10.6%), Vitamin A: 470.17IU (9.4%), Zinc: 1.31mg (8.75%), Vitamin B12: 0.52µg (8.61%), Vitamin B3: 1.67mg (8.37%), Vitamin B2: 0.14mg (8.2%), Copper: 0.16mg (7.89%), Fiber: 1.85g (7.4%), Potassium: 242.82mg (6.94%), Magnesium: 27.21mg (6.8%), Calcium: 57.78mg (5.78%), Iron: 0.91mg (5.08%), Folate: 17.46µg (4.36%), Vitamin B5: 0.41mg (4.12%)