



Mediterranean Pasta and Lentil Salad

READY IN



25 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

Ingredients

- 0.5 cup lentils canned
- 0.5 cup feta cheese crumbled
- 0.5 cup onion red chopped
- 12 ounce tri-color rotini pasta
- 0.5 cup balsamic vinaigrette salad dressing greek-style (such as Renee's® Gourmet)
- 1 bell pepper yellow chopped

Equipment

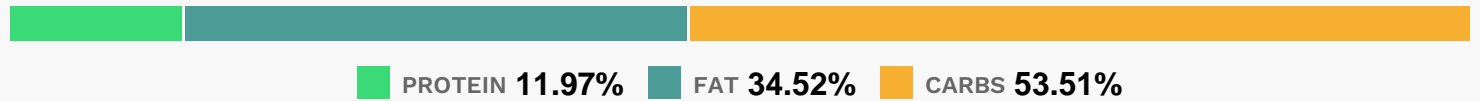
- bowl

pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook rotini at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse rotini with cold water to cool completely.
- Toss cooled rotini, bell pepper, Greek vinaigrette, lentils, feta cheese, and red onion together in a bowl.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:18.02, Inflammation Score:-5, Nutrition Score:13.362608700991%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 366.85kcal (18.34%), Fat: 14.1g (21.69%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 45.64g (16.6%), Sugar: 2.9g (3.22%), Cholesterol: 11.13mg (3.71%), Sodium: 147.37mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11g (22%), Selenium: 38.63µg (55.19%), Vitamin C: 37.63mg (45.61%), Manganese: 0.65mg (32.27%), Vitamin K: 21.2µg (20.19%), Phosphorus: 187.61mg (18.76%), Fiber: 3.52g (14.09%), Folate: 51.76µg (12.94%), Copper: 0.24mg (11.78%), Vitamin B6: 0.21mg (10.61%), Magnesium: 42.08mg (10.52%), Zinc: 1.43mg (9.5%), Vitamin B2: 0.16mg (9.42%), Iron: 1.49mg (8.26%), Calcium: 81.92mg (8.19%), Potassium: 258.25mg (7.38%), Vitamin B1: 0.11mg (7.32%), Vitamin B3: 1.45mg (7.27%), Vitamin E: 1.07mg (7.11%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.21µg (3.52%), Vitamin A: 94IU (1.88%)