



Mediterranean Pasta Salad

 Dairy Free

READY IN

ready

35 min.

SERVINGS

servings

8

CALORIES

calories

261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 fillet anchovy
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.3 cup flat-leaf parsley fresh loosely packed
- ☐ 2 garlic cloves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 16 ounce pasta
- ☐ 0.8 cup olive oil

- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

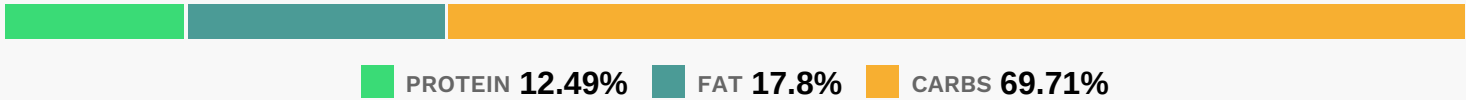
Equipment

- ☐ food processor

Directions

- ☐ Process first 9 ingredients in a food processor until smooth, stopping to scrape down sides. Cover vinaigrette, and chill 2 hours.
- ☐ Cook pasta according to package directions. Rinse with cold water; drain. Toss cooked pasta with vinaigrette.
- ☐ Mediterranean Antipasto Salad Platter: Prepare an additional recipe of the vinaigrette for Mediterranean Pasta Salad; do not add pasta. Marinate cooked green beans, pitted kalamata olives, and grape tomato halves in the vinaigrette 30 minutes; drain.
- ☐ Serve marinated items on a large platter with Mediterranean Pasta Salad, canned tuna, quartered hard-cooked eggs, drained capers, and red onions.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:18.03, Inflammation Score:-4, Nutrition Score:9.4291304796934%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 261.35kcal (13.07%), Fat: 5.08g (7.81%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 42.81g (15.57%), Sugar: 3.19g (3.54%), Cholesterol: 1.2mg (0.4%), Sodium: 300.27mg (13.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Selenium: 36.94µg (52.77%), Vitamin K: 43.62µg

(41.54%), Manganese: 0.56mg (28.19%), Phosphorus: 116.54mg (11.65%), Copper: 0.18mg (8.95%), Magnesium: 34.27mg (8.57%), Fiber: 1.95g (7.8%), Vitamin B3: 1.29mg (6.45%), Iron: 1.09mg (6.06%), Zinc: 0.89mg (5.92%), Vitamin C: 4.29mg (5.2%), Vitamin B6: 0.1mg (4.82%), Potassium: 166.64mg (4.76%), Vitamin E: 0.69mg (4.57%), Vitamin A: 212.16IU (4.24%), Vitamin B1: 0.06mg (3.82%), Folate: 14.8µg (3.7%), Vitamin B5: 0.28mg (2.76%), Vitamin B2: 0.04mg (2.54%), Calcium: 23.47mg (2.35%)