



 **18%**
HEALTH SCORE

Mediterranean Pasta Salad

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 fillet anchovy
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- 0.3 cup balsamic vinegar
- 0.5 teaspoon ground mustard dry
- 0.3 cup parsley fresh loosely packed
- 2 garlic clove
- 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:9.6626088476699%

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: 263.97kcal (13.2%), Fat: 5.18g (7.96%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 42.81g (15.57%), Sugar: 3.19g (3.54%), Cholesterol: 2.4mg (0.8%), Sodium: 302.35mg (13.15%), Alcohol: Og (100%), Protein: 8.43g (16.85%), Selenium: 37.67µg (53.81%), Vitamin K: 43.62µg (41.54%), Manganese: 0.57mg (28.26%), Phosphorus: 120.02mg (12%), Copper: 0.18mg (9.16%), Magnesium: 35.09mg (8.77%), Vitamin B3: 1.57mg (7.86%), Fiber: 1.95g (7.8%), Iron: 1.16mg (6.42%), Zinc: 0.92mg (6.15%), Vitamin C: 4.29mg (5.2%), Potassium: 174.3mg (4.98%), Vitamin B6: 0.1mg (4.97%), Vitamin E: 0.7mg (4.65%), Vitamin A: 213.16IU (4.26%), Vitamin B1: 0.06mg (3.89%), Folate: 14.98µg (3.74%), Vitamin B5: 0.29mg (2.89%), Vitamin B2: 0.05mg (2.84%), Calcium: 26.41mg (2.64%)