



Mediterranean Pasta Salad

READY IN



80 min.

SERVINGS



10

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup basil thinly sliced
- 20 ounce cheese tortellini refrigerated prepared
- 1 cup feta cheese crumbled
- 2 cups grapes halved
- 0.8 cup roasted peppers red chopped
- 0.5 cup genoa salami thinly sliced
- 1 cup balsamic vinaigrette salad dressing italian

Equipment

bowl

Directions

Combine prepared pasta, grapes, cheese, dressing, peppers, salami and basil in medium bowl. Refrigerate for 1 hour.

Nutrition Facts

 **PROTEIN 12.97%**  **FAT 53.5%**  **CARBS 33.53%**

Properties

Glycemic Index:22.1, Glycemic Load:13.81, Inflammation Score:-2, Nutrition Score:6.8356522541979%

Nutrients (% of daily need)

Calories: 374.33kcal (18.72%), Fat: 22.56g (34.71%), Saturated Fat: 6.55g (40.94%), Carbohydrates: 31.81g (10.6%), Net Carbohydrates: 29.24g (10.63%), Sugar: 6.9g (7.66%), Cholesterol: 39.36mg (13.12%), Sodium: 689.41mg (29.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.61%), Vitamin K: 34.36µg (32.72%), Calcium: 164.36mg (16.44%), Fiber: 2.57g (10.29%), Iron: 1.85mg (10.26%), Vitamin B2: 0.17mg (10.03%), Vitamin E: 1.25mg (8.31%), Vitamin C: 6.06mg (7.35%), Phosphorus: 72.3mg (7.23%), Vitamin B6: 0.14mg (7.06%), Vitamin B12: 0.41µg (6.86%), Vitamin B1: 0.1mg (6.63%), Selenium: 4.15µg (5.93%), Zinc: 0.72mg (4.79%), Vitamin A: 201.13IU (4.02%), Copper: 0.07mg (3.52%), Potassium: 109.21mg (3.12%), Manganese: 0.06mg (3.01%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.23mg (2.27%), Magnesium: 8.13mg (2.03%), Folate: 8.01µg (2%)