



Mediterranean Pasta Salad

READY IN



22 min.

SERVINGS



8

CALORIES



334 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup olives green black pitted chopped
- 1 cup feta crumbled
- 9 large basil leaves fresh
- 2 tablespoons juice of lemon
- 1 cup oil-packed sun-dried tomatoes drained chopped
- 0.5 cup olive oil
- 1 pound soup noodles shell-shaped
- 0.3 cup red wine vinegar
- 8 servings salt and pepper

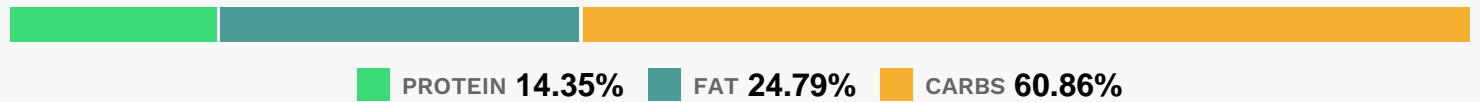
Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil over high heat.
- Add pasta and bring back to a boil. Cook, stirring often, until pasta is tender but not mushy, 10 to 12 minutes.
- Drain and rinse under cold running water.
- Drain again.
- Transfer to a large bowl and add tomatoes, olives and feta. Stir in olive oil, vinegar and lemon juice.
- Add basil, toss well and season with salt and pepper.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:19.01, Inflammation Score:-5, Nutrition Score:13.806086913399%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 333.97kcal (16.7%), Fat: 9.3g (14.31%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 47.55g (17.29%), Sugar: 6.83g (7.58%), Cholesterol: 16.69mg (5.56%), Sodium: 557.99mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.11g (24.22%), Selenium: 39.48µg (56.41%), Manganese: 0.79mg (39.43%), Phosphorus: 220.79mg (22.08%), Copper: 0.38mg (18.92%), Potassium: 621.4mg (17.75%),

Magnesium: 62.03mg (15.51%), Vitamin B2: 0.26mg (15.35%), Fiber: 3.8g (15.21%), Calcium: 125.47mg (12.55%), Iron: 2.22mg (12.32%), Vitamin B3: 2.42mg (12.11%), Zinc: 1.62mg (10.83%), Vitamin B6: 0.21mg (10.54%), Vitamin B1: 0.16mg (10.36%), Vitamin K: 9.92µg (9.45%), Vitamin C: 6.96mg (8.44%), Vitamin B5: 0.72mg (7.2%), Folate: 26.86µg (6.72%), Vitamin E: 0.82mg (5.45%), Vitamin B12: 0.32µg (5.28%), Vitamin A: 256.42IU (5.13%)