



WHATSheATE



Meyer Lemon Basil Pasta Salad

Popular

READY IN



20 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tsp agave nectar
- ☐ 0.5 cup olives green black ripe drained sliced into rounds
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup basil fresh roughly chopped
- ☐ 12 oz rotini pasta
- ☐ 1.5 tbsp mayonnaise
- ☐ 0.3 cup meyer lemon juice freshly squeezed
- ☐ 0.3 cup parmesan shredded

☐

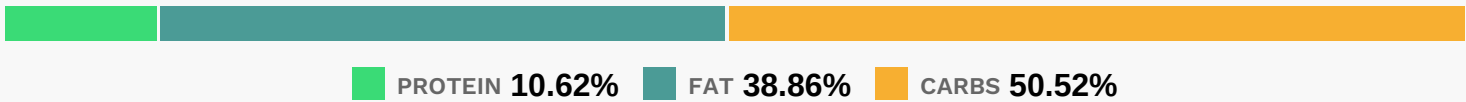
8 servings pepper black freshly ground

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Meyer Lemon Basil Pasta Salad
- ☐ Ingredients12 oz. tricolor fusilli pasta1/4 cup roughly chopped fresh basil1/2 cup ripe green or black olives, drained and sliced into rounds1/3 cup freshly squeezed Meyer lemon juice1 1/2 tbsp mayonnaise2 tsp agave nectar or honey1/4 cup extra virgin olive oil1/3 cup shredded parmesan cheese
- ☐ Salt and freshly ground black pepper
- ☐ Total Time: 20 Minutes
- ☐ Servings: 8 side portions
- ☐ Kosher Key: Dairy with Pareve Modification

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:13.02, Inflammation Score:-3, Nutrition Score:6.9434783478146%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 271.61kcal (13.58%), Fat: 11.73g (18.05%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 32.62g (11.86%), Sugar: 2.66g (2.96%), Cholesterol: 3.92mg (1.31%), Sodium: 217.71mg (9.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.44%), Selenium: 27.99µg (39.99%), Manganese:

0.41mg (20.68%), Vitamin K: 12.18µg (11.6%), Phosphorus: 111.58mg (11.16%), Vitamin E: 1.47mg (9.82%), Copper: 0.14mg (7.04%), Fiber: 1.71g (6.84%), Magnesium: 26.6mg (6.65%), Calcium: 65.32mg (6.53%), Vitamin C: 4.36mg (5.29%), Zinc: 0.73mg (4.89%), Iron: 0.71mg (3.97%), Vitamin B3: 0.78mg (3.92%), Vitamin B6: 0.08mg (3.86%), Potassium: 116.87mg (3.34%), Vitamin B1: 0.05mg (3.12%), Folate: 11.41µg (2.85%), Vitamin B2: 0.05mg (2.68%), Vitamin B5: 0.22mg (2.25%), Vitamin A: 108.1IU (2.16%)