



 **22%**  
HEALTH SCORE

## My Big Fat Greek Pasta Salad

READY IN



57 min.

SERVINGS



8

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 slices cucumber peeled quartered
- 0.5 cup olive oil extra virgin
- 4 ounces feta cheese crumbled cut into small cubes or )
- 3 tablespoons basil fresh cut into strips
- 3 tablespoons basil fresh cut into strips
- 1.5 teaspoons mint leaves fresh minced
- 2 tablespoons parsley fresh chopped
- 1 garlic powder fresh pressed
- 1 cup grape tomatoes sweet halved lengthwise

- 1 small bell pepper green cut into thin 1 1/2-inch strips
- 4 spring onion sliced thin
- 1 teaspoon pepper fresh black
- 0.5 cup kalamata olives pitted halved lengthwise
- 2.5 tablespoons juice of lemon fresh
- 0.5 teaspoon lemon zest fresh finely grated
- 1 teaspoon oregano dried
- 1 small bell pepper red cut into thin 1 1/2-inch strips
- 0.5 cup onion red cut into thin 1 1/2-inch strips
- 1.5 tablespoons red wine vinegar
- 1 teaspoon sea salt fine
- 12 ounce rotini pasta (Barilla brand)
- 1 small bell pepper yellow cut into thin 1 1/2-inch strips

## Equipment

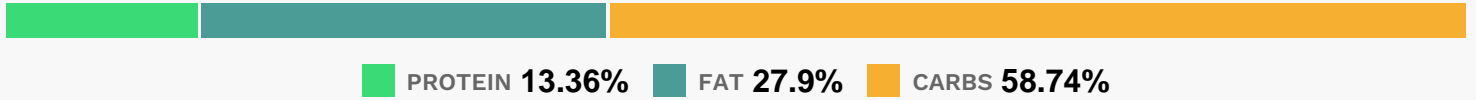
- bowl
- whisk
- pot

## Directions

- PREPARE the DRESSING: Grate 1/2 teaspoon fresh lemon zest; KNEAD and cut lemons into halves to juice, yielding 2 1/2 tablespoons juice; WHISK together remaining ingredients well; SET aside.BRING bring 6 quarts water to a boil in a large pot; ADD 1 1/2 tablespoons kosher salt and spiral pasta, returning to boiling; COOK pasta according to package directions (do not overcook -- pasta should be al dente).DRAIN pasta well; RETURN pasta to pot and toss with a very small amount of olive oil to prevent sticking; LET stand to cool.PREP all pasta salad vegetables and fresh herbs to specifications; PLACE prepped vegetables into a large bowl.ADD the cooled pasta to vegetables in bowl, combining well.ADD 4-6 ounces cubed or crumbled feta cheese, without tossing.WHISK the DRESSING mixture again; POUR the DRESSING evenly over pasta salad; GENTLY fold pasta salad over from the bottom a few times to evenly distribute the dressing and combine feta cheese.CHILL pasta salad at least 2 hours to overnight.GARNISH pasta salad with parsley sprig, or fresh basil or mint leaves.SERVE

and ENJOY!

## Nutrition Facts



### Properties

Glycemic Index:54.63, Glycemic Load:13.61, Inflammation Score:-8, Nutrition Score:13.717826185019%

### Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

### Nutrients (% of daily need)

Calories: 251.61kcal (12.58%), Fat: 7.85g (12.08%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.3g (12.47%), Sugar: 3.01g (3.34%), Cholesterol: 12.62mg (4.21%), Sodium: 590.74mg (25.68%), Alcohol: 0g (100%), Protein: 8.46g (16.93%), Vitamin C: 44.3mg (53.7%), Selenium: 29.27µg (41.81%), Vitamin K: 41.76µg (39.77%), Manganese: 0.54mg (26.9%), Vitamin A: 821.24IU (16.42%), Phosphorus: 148.06mg (14.81%), Fiber: 2.9g (11.58%), Vitamin B6: 0.23mg (11.42%), Calcium: 104.5mg (10.45%), Vitamin B2: 0.17mg (10.28%), Copper: 0.19mg (9.49%), Magnesium: 36.75mg (9.19%), Folate: 32.89µg (8.22%), Zinc: 1.18mg (7.84%), Vitamin E: 1.17mg (7.83%), Potassium: 263.21mg (7.52%), Iron: 1.23mg (6.84%), Vitamin B3: 1.3mg (6.51%), Vitamin B1: 0.09mg (6.24%), Vitamin B5: 0.43mg (4.32%), Vitamin B12: 0.24µg (3.99%)