



Nasturtium Pasta Salad

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 cups nasturtium blossoms rinsed drained
- ☐ 3.5 cups boston lettuce leaves rinsed drained
- ☐ 0.8 cup cucumber sticks english see notes
- ☐ 0.8 pound farfalle pasta dried bow-tie
- ☐ 4 oz feta cheese crumbled
- ☐ 1.5 teaspoons fresh-ground pepper
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings salt
- ☐ 0.5 cup marigold petals see notes
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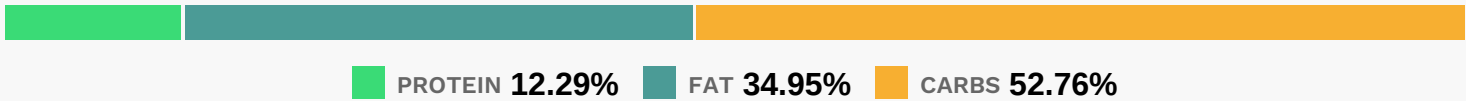
Equipment

- ☐ bowl

Directions

- ☐ Cook pasta in about 3 quarts boiling water over high heat until tender to bite, about 10 minutes.
- ☐ Drain, immerse in cold water, and drain when cool, about 3 minutes.
- ☐ In large bowl, mix lemon juice, oil, and pepper.
- ☐ Add pasta, feta, and cucumber.
- ☐ Mix and season to taste with salt.
- ☐ Add calendula petals and nasturtium blossoms; mix gently.
- ☐ Line a platter or plates with nasturtium leaves. Spoon salad onto leaves.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:25.92, Inflammation Score:-10, Nutrition Score:39.231739241144%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

Nutrients (% of daily need)

Calories: 691.55kcal (34.58%), Fat: 27.17g (41.8%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 92.31g (30.77%), Net Carbohydrates: 75.16g (27.33%), Sugar: 5.06g (5.62%), Cholesterol: 25.23mg (8.41%), Sodium: 533.53mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.5g (43%), Iron: 120.86mg (671.44%), Vitamin K: 227.63µg (216.79%), Vitamin A: 7001.75IU (140.04%), Selenium: 59.36µg (84.8%), Fiber: 17.15g (68.59%), Manganese: 1.27mg (63.62%), Potassium: 1905.14mg (54.43%), Phosphorus: 483.83mg (48.38%), Magnesium: 183.23mg (45.81%), Folate: 181.06µg (45.27%), Vitamin B2: 0.43mg (25.26%), Calcium: 238.04mg (23.8%), Vitamin B6: 0.43mg (21.5%), Vitamin E: 3.15mg (21.02%), Vitamin C: 16.07mg (19.48%), Vitamin B1: 0.25mg (16.61%), Zinc: 2.49mg (16.59%), Copper: 0.31mg (15.47%), Vitamin B3: 2.51mg (12.56%), Vitamin B5: 1.04mg (10.39%), Vitamin B12: 0.48µg (7.99%)