



Pasta Salad

READY IN



90 min.

SERVINGS



24

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baby carrots sliced
- 1 cup cherry tomatoes halved
- 0.5 cup parmesan cheese grated kraft
- 8 cups penne pasta uncooked
- 1 cup seasons dressing mix italian good prepared
- 1 medium bell pepper red chopped
- 1 medium onion red chopped

Equipment

bowl

Directions

- Cook pasta.
- Drain, rinse and cool.
- Place in large bowl.
- Add onions, peppers, carrots and tomatoes. Stir in Parmesan cheese.
- Pour dressing over pasta mixture; toss to coat. Cover and refrigerate at least 1 hour.

Nutrition Facts



PROTEIN 13.1% **FAT 6.12%** **CARBS 80.78%**

Properties

Glycemic Index:4.21, Glycemic Load:11.41, Inflammation Score:-6, Nutrition Score:6.3082608596786%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 181.41kcal (9.07%), Fat: 1.18g (1.82%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 33.57g (12.21%), Sugar: 1.81g (2.02%), Cholesterol: 1.81mg (0.6%), Sodium: 783.27mg (34.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Selenium: 24.54µg (35.05%), Vitamin A: 939.18IU (18.78%), Manganese: 0.37mg (18.58%), Vitamin C: 8.24mg (9.99%), Phosphorus: 89.93mg (8.99%), Fiber: 1.58g (6.32%), Copper: 0.12mg (6.09%), Magnesium: 22.75mg (5.69%), Zinc: 0.66mg (4.38%), Vitamin B6: 0.09mg (4.27%), Vitamin B3: 0.76mg (3.78%), Potassium: 130.79mg (3.74%), Iron: 0.62mg (3.43%), Folate: 12.27µg (3.07%), Calcium: 30.08mg (3.01%), Vitamin B1: 0.04mg (2.86%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.17mg (1.11%)