

Pasta Salad



Dairy Free



Popular

READY IN



835 min.

SERVINGS



6

CALORIES



537 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce olives black chopped canned
- ☐ 2 cups cherry tomatoes diced
- ☐ 1 bell pepper green chopped
- ☐ 1 bell pepper diced red
- ☐ 16 ounce salad dressing italian-style
- ☐ 6 tablespoons salad seasoning mix
- ☐ 1 pound tri-colored spiral pasta
- ☐ 0.5 bell pepper yellow chopped

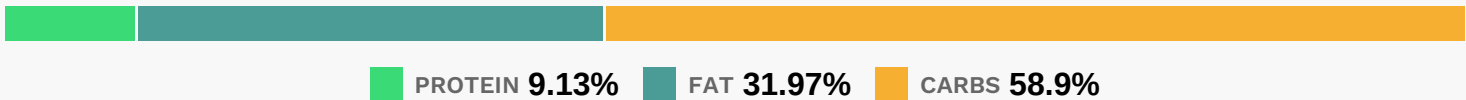
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ Whisk together the salad spice mix and Italian dressing.
- ☐ In a salad bowl, combine the pasta, cherry tomatoes, bell peppers and olives.
- ☐ Pour dressing over salad; toss and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:23.2, Inflammation Score:-9, Nutrition Score:29.637391484302%

Flavonoids

Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 537.25kcal (26.86%), Fat: 19.52g (30.03%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 80.93g (26.98%), Net Carbohydrates: 70.69g (25.7%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 931.82mg (40.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.09%), Vitamin K: 138.32µg (131.73%), Vitamin C: 71.5mg (86.66%), Manganese: 1.56mg (78.23%), Selenium: 50.35µg (71.93%), Fiber: 10.24g (40.98%), Iron: 7.21mg (40.05%), Vitamin E: 5.51mg (36.73%), Calcium: 277.3mg (27.73%), Vitamin A: 1277.59IU (25.55%), Magnesium: 94.96mg (23.74%), Vitamin B6: 0.47mg (23.57%), Phosphorus: 201.94mg (20.19%), Copper: 0.4mg (20.18%), Potassium: 628.72mg (17.96%), Folate: 69.11µg (17.28%), Vitamin B3: 2.74mg (13.69%), Zinc: 1.68mg (11.22%), Vitamin B1: 0.15mg (10.28%), Vitamin B2: 0.16mg (9.41%), Vitamin B5: 0.63mg (6.28%)