



Pasta Salad with Cherry Tomatoes and Green Olivada

READY IN



45 min.

SERVINGS



8

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 3 tablespoons capers drained
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove peeled
- ☐ 2 pints cherry tomatoes halved
- ☐ 2 cups olive whole green divided pitted coarsely chopped (from 6 ounces unpitted olives)
- ☐ 8 ounce baby mozzarella balls fresh (cherry-size)
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 pound soup noodles
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 tablespoon red wine vinegar

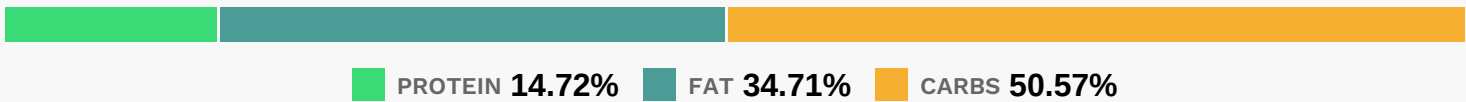
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ With machine running, add garlic clove to processor through feed tube and process until finely chopped; turn off machine.
- ☐ Add 1 cup chopped olives, capers, red wine vinegar, anchovy paste, mustard, and crushed red pepper. Using 6 on/off turns, process to chop coarsely. With machine running, gradually add 1/2 cup olive oil, forming coarse puree.
- ☐ Transfer to bowl; stir in remaining 1 cup olives. Season olivada to taste with salt and pepper. DO AHEAD: Olivada can be made 3 days ahead. Cover and refrigerate.
- ☐ Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
- ☐ Drain well.
- ☐ Transfer drained pasta to large bowl.
- ☐ Drizzle remaining 1 tablespoon oil over pasta; toss to coat. Cool, stirring occasionally.
- ☐ Add olivada, halved tomatoes, mozzarella, and oregano to pasta; toss to coat. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:17.08, Inflammation Score:-9, Nutrition Score:14.114782424725%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg, Kaempferol: 3.95mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 383.14kcal (19.16%), Fat: 15.14g (23.3%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 49.64g (16.55%), Net Carbohydrates: 45.15g (16.42%), Sugar: 4.74g (5.27%), Cholesterol: 10.84mg (3.61%), Sodium: 695.87mg (30.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.9%), Selenium: 38.04µg (54.34%), Manganese: 0.73mg (36.28%), Vitamin C: 27.26mg (33.05%), Vitamin E: 2.71mg (18.07%), Fiber: 4.49g (17.97%), Calcium: 168.81mg (16.88%), Copper: 0.32mg (15.9%), Vitamin A: 756.69IU (15.13%), Phosphorus: 148.61mg (14.86%), Vitamin K: 14.17µg (13.49%), Iron: 2.32mg (12.9%), Magnesium: 50.45mg (12.61%), Potassium: 425.82mg (12.17%), Vitamin B6: 0.21mg (10.35%), Vitamin B3: 1.92mg (9.6%), Folate: 30.51µg (7.63%), Vitamin B1: 0.11mg (7.23%), Zinc: 1.06mg (7.06%), Vitamin B2: 0.08mg (4.6%), Vitamin B5: 0.43mg (4.32%)