



Pasta Salad with Dandelion Greens & Feta Cheese

READY IN



20 min.

SERVINGS



6

CALORIES



447 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch dandelion greens trimmed
- ☐ 0.5 cup olive oil extra virgin plus more for drizzling
- ☐ 0.5 pound feta cheese crumbled cubed
- ☐ 1 juice of lemon
- ☐ 1 cup kalamata olives pitted halved lengthwise
- ☐ 1 pound soup noodles
- ☐ 6 servings black pepper freshly ground to taste
- ☐ 0.5 teaspoon pepper flakes red

☐ 6 servings salt plus more for pasta water to taste

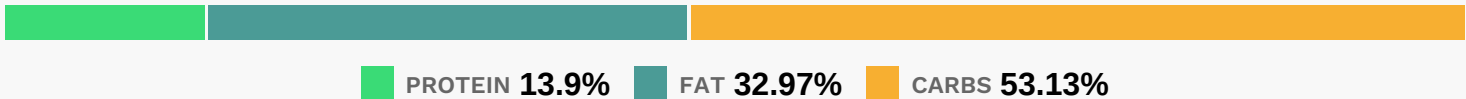
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil over high heat.
- ☐ Add a generous amount of salt. Cook the pasta until al dente according to package directions.
- ☐ Whisk ½ cup olive oil, lemon juice, lemon zest, red-pepper flakes with a pinch of salt in large bowl.
- ☐ Drain the pasta and add it to this mixture, stirring to coat the pasta well. Taste for seasoning. Set aside.
- ☐ Lay the dandelion greens out onto a large serving platter or bowl. Top them with the still warm pasta and stir to combine.
- ☐ Let the salad cool completely, then top with the the olives, feta cheese, a drizzle of olive oil, and a few grinds of black pepper.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:23.1, Inflammation Score:-5, Nutrition Score:14.564782526182%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 446.98kcal (22.35%), Fat: 16.35g (25.16%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 59.29g (19.76%), Net Carbohydrates: 56.02g (20.37%), Sugar: 2.28g (2.53%), Cholesterol: 33.64mg (11.21%), Sodium: 801.28mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Selenium: 53.7µg (76.71%), Manganese: 0.72mg (36.03%), Phosphorus: 272.33mg (27.23%), Calcium: 222.66mg (22.27%), Vitamin B2: 0.37mg (21.7%), Copper: 0.3mg (14.98%), Zinc: 2.2mg (14.66%), Vitamin B6: 0.28mg (14.05%), Magnesium: 52.87mg (13.22%), Fiber: 3.27g (13.06%), Vitamin E: 1.6mg (10.7%), Vitamin B12: 0.64µg (10.65%), Vitamin B1: 0.13mg (8.87%), Vitamin B3: 1.74mg (8.7%), Iron: 1.41mg (7.81%), Vitamin B5: 0.71mg (7.06%), Folate: 27.49µg (6.87%), Vitamin A: 315.14IU (6.3%), Potassium: 211.9mg (6.05%), Vitamin K: 4.87µg (4.64%), Vitamin C: 1.99mg (2.42%), Vitamin D: 0.15µg (1.01%)