



Pasta Salad with Roasted Vegetables



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 16 oz fusilli pasta cooled cooked drained
- ☐ 1 cup basil leaves fresh loosely packed chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup kalamata pitted ripe sliced
- ☐ 1 cup mayonnaise dressing with olive oil best foods®
- ☐ 6 cups vegetables fresh red yellow assorted sliced (zucchini, and peppers and/or onion)

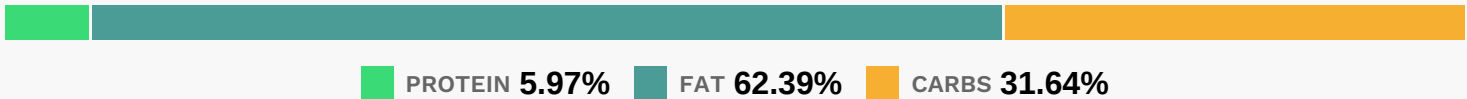
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Blend 1/4 cup Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil, vinegar and ground black pepper in medium bowl. Stir in vegetables. Arrange vegetable mixture in grill pan or on foil on grill. Grill vegetables, stirring once, 20 minutes or until vegetables are crisp-tender. Cool.
- ☐ Combine vegetables with remaining ingredients in large bowl.
- ☐ Serve immediately or cover and refrigerate until ready to serve.
- ☐ Add cut up cooked chicken or flaked drained tuna for a simple main dish idea.
- ☐ Vegetables may also be roasted in the oven,
- ☐ Cost per recipe*: \$
- ☐ Cost per serving*: \$
- ☐ *Based on average retail prices at national supermarkets

Nutrition Facts



Properties

Glycemic Index:12.52, Glycemic Load:3.38, Inflammation Score:-5, Nutrition Score:7.91347835893222%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 129.13kcal (6.46%), Fat: 9.04g (13.9%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 9.39g (3.42%), Sugar: 0.45g (0.5%), Cholesterol: 4.7mg (1.57%), Sodium: 107.77mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.89%), Vitamin C: 82.24mg (99.69%), Vitamin K: 23.35µg

(22.24%), Selenium: 6.41µg (9.15%), Manganese: 0.15mg (7.42%), Vitamin B6: 0.09mg (4.49%), Copper: 0.08mg (4.05%), Fiber: 0.92g (3.67%), Folate: 14.66µg (3.67%), Vitamin A: 169.1IU (3.38%), Potassium: 113.92mg (3.25%), Iron: 0.58mg (3.25%), Vitamin E: 0.48mg (3.18%), Phosphorus: 27.38mg (2.74%), Magnesium: 10.85mg (2.71%), Vitamin B3: 0.51mg (2.53%), Zinc: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.27%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.35mg (1.13%), Vitamin B2: 0.02mg (1.12%)