



Pasta Salad with Tomatoes and Feta

 Vegetarian

READY IN



90 min.

SERVINGS



30

CALORIES



49 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

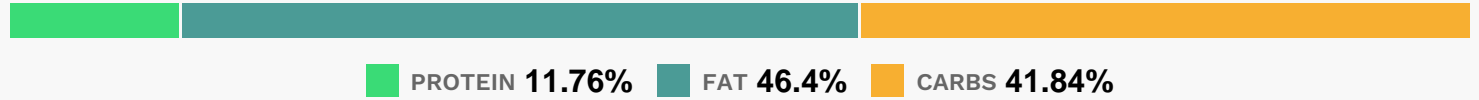
- 3 cups farfalle pasta cooled cooked drained (bow-tie pasta)
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup basil fresh chopped
- 0.8 cup 3/4 cup kraft zesty italian dressing italian kraft
- 0.5 cup kalamata olives pitted
- 1.5 tsp lemon zest
- 0.5 cup oil-packed sun-dried tomatoes cut into matchlike sticks

Equipment

Directions

- Combine ingredients.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:5.85, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:1.936086954306%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 48.52kcal (2.43%), Fat: 2.55g (3.92%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.4g (1.55%), Cholesterol: 3.36mg (1.12%), Sodium: 138.62mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin K: 5.84µg (5.56%), Selenium: 3.53µg (5.04%), Manganese: 0.07mg (3.72%), Phosphorus: 26.45mg (2.64%), Vitamin B2: 0.04mg (2.56%), Calcium: 24.15mg (2.41%), Potassium: 76.98mg (2.2%), Copper: 0.04mg (2.15%), Iron: 0.36mg (2.02%), Fiber: 0.5g (2.01%), Magnesium: 6.94mg (1.74%), Vitamin B6: 0.03mg (1.62%), Vitamin E: 0.23mg (1.54%), Zinc: 0.21mg (1.38%), Vitamin B3: 0.26mg (1.31%), Vitamin B1: 0.02mg (1.29%), Vitamin A: 64.08IU (1.28%), Vitamin C: 0.94mg (1.14%), Vitamin B12: 0.06µg (1.06%)