



## Pasta-Vegetable Salad

READY IN



45 min.

SERVINGS



11

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound broccoli florets
- 8 ounce water chestnuts drained sliced canned
- 3 celery stalks sliced
- 0.3 cup feta cheese crumbled reduced-fat
- 3 tablespoons oregano fresh chopped
- 0.8 cup radishes sliced
- 1.1 ounce dressing mix fat-free italian
- 6 ounces tricolor rotini pasta uncooked

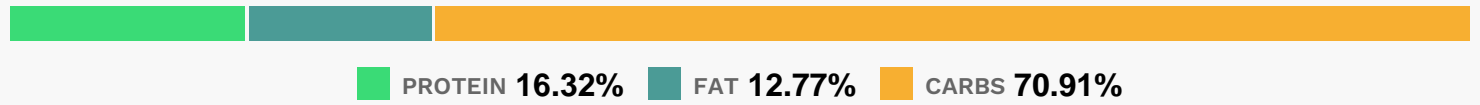
# Equipment

bowl

# Directions

- Prepare pasta according to package directions, omitting salt and fat; drain. Rinse with cold water; drain.
- Combine pasta, broccoli, celery, and water chestnuts in a bowl; set aside.
- Prepare dressing mix according to package directions; stir in oregano.
- Pour over pasta mixture, stirring to coat. Cover and chill at least 6 hours, stirring occasionally. Just before serving, stir in radishes, and sprinkle with cheese.
- Add the radishes to the salad just before serving. Otherwise, their red color will bleed onto the pasta and vegetables.

# Nutrition Facts



# Properties

Glycemic Index:13, Glycemic Load:5.24, Inflammation Score:-9, Nutrition Score:9.8578260463217%

# Flavonoids

Pelargonidin: 4.99mg, Pelargonidin: 4.99mg, Pelargonidin: 4.99mg, Pelargonidin: 4.99mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg, Kaempferol: 3.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

# Nutrients (% of daily need)

Calories: 108.74kcal (5.44%), Fat: 1.61g (2.48%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 17.04g (6.2%), Sugar: 2.58g (2.86%), Cholesterol: 2.43mg (0.81%), Sodium: 88.76mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Vitamin K: 52.55µg (50.05%), Vitamin C: 38.44mg (46.6%), Manganese: 0.34mg (16.85%), Selenium: 11.2µg (16%), Fiber: 3.09g (12.38%), Folate: 36.22µg (9.05%), Vitamin B6: 0.17mg (8.38%), Iron: 1.32mg (7.34%), Potassium: 243.44mg (6.96%), Phosphorus: 66.89mg (6.69%), Magnesium: 23.23mg (5.81%), Vitamin A: 286.52IU (5.73%), Copper: 0.11mg (5.53%), Vitamin E: 0.81mg (5.4%), Calcium: 48.41mg (4.84%), Vitamin B2: 0.08mg (4.49%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.38mg (3.77%),

Vitamin B3: 0.73mg (3.66%), Vitamin B1: 0.05mg (3.39%)