



Philly Mediterranean Pasta Salad

READY IN



20 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cups baby spinach leaves loosely packed coarsely chopped
- 270 g philadelphia original cooking creme
- 0.5 cup feta cheese crumbled
- 2 cups grape tomatoes halved
- 1 teaspoon lemon zest
- 4 cups shells uncooked
- 0.5 cup onions red chopped

Equipment

bowl

Directions

- Cook pasta as directed on package, omitting salt.
- Drain, reserving 1/3 cup cooking water.
- Place pasta in large bowl.
- Add reserved water, Cooking Creme and zest; toss to coat.
- Add remaining ingredients; mix lightly.

Nutrition Facts



PROTEIN 14.65% **FAT 10.86%** **CARBS 74.49%**

Properties

Glycemic Index:13.83, Glycemic Load:10.53, Inflammation Score:-8, Nutrition Score:11.535217354479%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 162.37kcal (8.12%), Fat: 1.96g (3.02%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.46g (10.35%), Sugar: 4.89g (5.43%), Cholesterol: 5.56mg (1.85%), Sodium: 89.32mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Vitamin K: 74.58µg (71.03%), Vitamin A: 1640IU (32.8%), Selenium: 22.19µg (31.7%), Manganese: 0.48mg (24.09%), Folate: 42.11µg (10.53%), Vitamin C: 8.33mg (10.09%), Phosphorus: 99.33mg (9.93%), Magnesium: 34.35mg (8.59%), Fiber: 1.83g (7.3%), Copper: 0.14mg (6.85%), Potassium: 230.99mg (6.6%), Vitamin B6: 0.13mg (6.56%), Vitamin B2: 0.11mg (6.34%), Calcium: 58.03mg (5.8%), Iron: 0.97mg (5.41%), Zinc: 0.8mg (5.33%), Vitamin B3: 0.89mg (4.47%), Vitamin B1: 0.06mg (4.25%), Vitamin E: 0.49mg (3.26%), Vitamin B5: 0.24mg (2.45%), Vitamin B12: 0.11µg (1.76%)