



Picnic Pasta Salad

 Dairy Free

READY IN



140 min.

SERVINGS



12

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces tomato sauce canned
- ☐ 1.5 cups cucumber coarsely chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 3 ounces mushrooms fresh sliced
- ☐ 1 cup salad dressing italian
- ☐ 2.3 ounces olives ripe drained sliced canned
- ☐ 1 tablespoon oregano dried fresh chopped
- ☐ 1 medium onion red chopped

- ☐ 1.5 cups roma tomatoes coarsely chopped (plum)
- ☐ 16 ounces rotini pasta

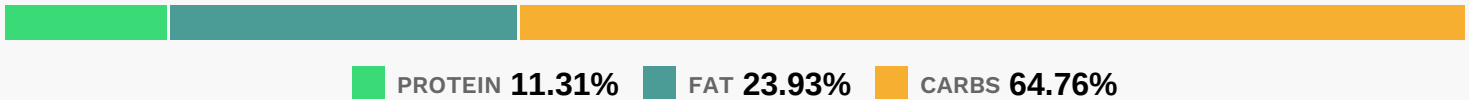
Equipment

- ☐ bowl

Directions

- ☐ Cook and drain pasta as directed on package. Rinse with cold water; drain.
- ☐ Mix tomato sauce, dressing, basil and oregano in large bowl.
- ☐ Add pasta and remaining ingredients; toss. Cover and refrigerate about 2 hours until chilled but no longer than 48 hours.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:12.26, Inflammation Score:-7, Nutrition Score:8.8895654427293%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 213.9kcal (10.7%), Fat: 5.72g (8.8%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 32.18g (11.7%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 372.13mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Selenium: 25.19µg (35.99%), Manganese: 0.49mg (24.37%), Vitamin K: 23.48µg (22.37%), Fiber: 2.67g (10.68%), Copper: 0.21mg (10.3%), Phosphorus: 100.57mg (10.06%), Magnesium: 34.73mg (8.68%), Potassium: 301.74mg (8.62%), Vitamin C: 6.82mg (8.27%), Vitamin E: 1.22mg (8.16%), Iron: 1.37mg (7.63%), Vitamin A: 377.84IU (7.56%), Vitamin B6: 0.15mg (7.29%), Vitamin B3: 1.35mg (6.76%), Folate: 20.4µg (5.1%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.08mg (4.84%), Vitamin B1: 0.07mg (4.71%), Vitamin B5: 0.41mg (4.13%), Calcium: 37.62mg (3.76%)