



Quick Penne Pasta Salad with Balsamic Vinaigrette

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



157 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz penne rigate cooked
- 14.5 oz canned tomatoes diced organic canned
- 0.5 cup balsamic vinaigrette
- 1 cup mozzarella fresh diced
- 1 serving basil fresh chopped for garnish, if desired

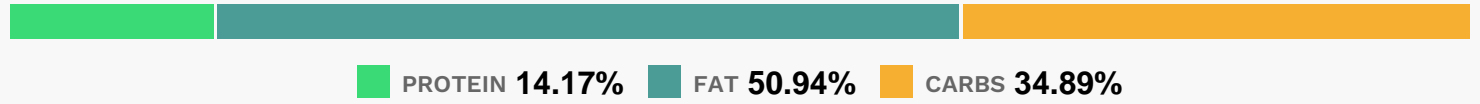
Equipment

- bowl

Directions

- Chop fresh basil for garnish, if desired.
- In large bowl, toss pasta, tomatoes and vinaigrette.
- Serve immediately, or cover and refrigerated until serving.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:5.13, Inflammation Score:-3, Nutrition Score:5.171304365863%

Nutrients (% of daily need)

Calories: 157.38kcal (7.87%), Fat: 8.95g (13.76%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 12.3g (4.47%), Sugar: 3.06g (3.4%), Cholesterol: 11.06mg (3.69%), Sodium: 288.65mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Selenium: 10.17µg (14.53%), Manganese: 0.19mg (9.62%), Calcium: 92.07mg (9.21%), Phosphorus: 82.59mg (8.26%), Copper: 0.12mg (6.24%), Iron: 1.1mg (6.11%), Fiber: 1.49g (5.96%), Vitamin C: 4.77mg (5.78%), Vitamin B12: 0.32µg (5.32%), Potassium: 174.4mg (4.98%), Vitamin B6: 0.1mg (4.83%), Zinc: 0.69mg (4.63%), Vitamin E: 0.69mg (4.59%), Magnesium: 18.34mg (4.58%), Vitamin A: 218.3IU (4.37%), Vitamin B2: 0.07mg (4.25%), Vitamin K: 4.08µg (3.89%), Vitamin B3: 0.76mg (3.79%), Vitamin B1: 0.05mg (3.23%), Folate: 9.81µg (2.45%), Vitamin B5: 0.19mg (1.95%)