



Rainbow Pasta Salad II

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large cucumber diced peeled
- 1 onion red finely chopped
- 16 ounce salad dressing italian-style
- 2 large tomatoes diced
- 16 ounce tri-colored pasta assortment

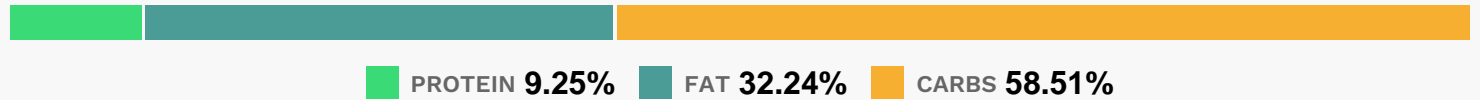
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; drain and rinse in cold water.
- In a large bowl combine tomatoes, cucumbers, onion, cooled pasta and Italian dressing. Refrigerate overnight, or for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:17.84, Inflammation Score:-5, Nutrition Score:11.280869359555%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 364.32kcal (18.22%), Fat: 12.98g (19.97%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 53.01g (17.67%), Net Carbohydrates: 50.17g (18.24%), Sugar: 9.9g (11%), Cholesterol: 0mg (0%), Sodium: 569.95mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.77%), Selenium: 37.07µg (52.96%), Vitamin K: 37.98µg (36.17%), Manganese: 0.63mg (31.63%), Phosphorus: 137.92mg (13.79%), Copper: 0.23mg (11.58%), Fiber: 2.84g (11.36%), Magnesium: 43.47mg (10.87%), Vitamin E: 1.56mg (10.42%), Vitamin C: 8.6mg (10.42%), Potassium: 349.58mg (9.99%), Vitamin B6: 0.19mg (9.38%), Vitamin A: 424.9IU (8.5%), Vitamin B3: 1.34mg (6.69%), Zinc: 1mg (6.66%), Vitamin B1: 0.1mg (6.43%), Iron: 1.11mg (6.18%), Folate: 24.54µg (6.14%), Vitamin B5: 0.39mg (3.86%), Vitamin B2: 0.06mg (3.24%), Calcium: 31.89mg (3.19%)